

life

IN ROCKVILLE

Spring 2019

Recreation and Parks Activity Guide



City of
Rockville
Get Into It



Tots/Preschool • Children • Croydon Creek Nature Center
Teens • Adults • Adults 60+ • Aquatics • Cultural Arts

2019 Spring Calendar of Events

March

- 8 Pajama Jam Movie Night:** 7:30-9 p.m., Twinbrook Comm. Rec. Ctr. Page 10.
- 10 Rockville Concert Band: “Spring Potpourri,”** 3 p.m., F. Scott Fitzgerald Theatre. Page 54.
- 16, 17 Rockville Civic Ballet, “Don Quixote”:** Saturday, 2 p.m. and 7:30 p.m., Sunday, 2 p.m., F. Scott Fitzgerald Theatre. Admission fee. Page 56.
- 22 International Night:** 6-8:30 p.m., F. Scott Fitzgerald Theatre and Social Hall. Free. Page 52.
- 23 Superheroes Party:** 2-4 p.m., Thomas Farm Community Center. Fee \$8R/\$10NR and \$10 at door. Page 10.

April

- 6 Thomas Farm Community Center 10th Anniversary Open House:** 2-3:30 p.m., Thomas Farm Community Center. Free event. Page 30.
- 7 Rockville Concert Band: Music for All Ages: “Space, Science and Science Fiction,”** 3 p.m., F. Scott Fitzgerald Theatre. Free. Page 54.
- 12-14 Murder at the Mansion “A Wedding to Die For,”** an interactive murder mystery comedy; Friday and Saturday at 8 p.m. and Sunday at 2 p.m., Glenview Mansion. Admission fees. Page 55.
- 26 Family Movie Night:** 7:30-9 p.m., Thomas Farm Community Center. Fee \$4R/\$5NR and \$5 at door. Page 10.
- 27 17th Annual Spring Festival and Native Plant Sale:** 10 a.m.- noon, Croydon Creek Nature Center. Free. Page 21.

May

- 3 Rockville Recreation and Parks Foundation Golf Classic:** Page 37.
- 4 Spring Outdoor Community Yard Sale:** 8 a.m.-noon, Richard Montgomery HS. Fees for tables. Free event. Page 35.
- 12 Mad Hatter Tea Party:** 2-4 p.m., Thomas Farm Community Center. Fee \$12R/\$15NR and \$15 at door. Page 11.
- 12 Green Your Backyard Seminar:** 10-11:30 a.m., Croydon Creek Nature Center. Free. Page 21.
- 18 National Kids to Parks Day:** 9 a.m.-5 p.m. Hayes Forest Preserve, Croydon Creek Nature Center. Free. Page 19.
- 19 Rockville Chorus: “Spring Concert,”** 7:30 p.m., F. Scott Fitzgerald Theatre. Free. Page 54.
- 23 Public Works Equipment Show:** 10:30 a.m.-4:30 p.m. Location TBD. Free.
- 25-27 Hometown Holidays and Memorial Day Parade:** Back cover.

In This Issue

TOTS/PRESCHOOL	4-9
CHILDREN	10-17
CROYDON CREEK NATURE CENTER	18-21
TEENS	22-24
ADULTS	25-37
ADULTS 60+	38-41
AQUATICS	42-51
CULTURAL ARTS	52-57

General Information

Emergency/Weather Policy	61
Financial Assistance	58
Frequently Used Parks/Facilities	59
Individuals with Disabilities	60
Parties and Rentals	8
Registration Info. and Forms	62-63
Recreation and Parks Foundation	60



*Connect
Create
Celebrate*

We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. **Welcome to Rockville Recreation and Parks.**

Stay Informed

www.rockvillemd.gov/recreation
Email: registration@rockvillemd.gov
240-314-8620



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Registration Dates

Senior and Swim members: Tues., Feb. 26
General and nonmembers: Thurs., Feb. 28

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

Arts, Dance and Enrichment

Abrakadoodle – Twoosy Doodlers (Adult/Child)

One Sweet World!

Our world is full of yummy sweetness to explore! All the sweet stuff – fruits, desserts, and drinks – inspire young artists to try a wide variety of art-making methods. Puzzles, printing, painting, paper projects, and more make this delicious group of lessons oh-so-SWEET! Note: \$24 material fee due to instructor at first class.

Age: 1yr 8m-3yr 6m
8997 Th 4/4-5/30 10-10:45 AM \$105/\$119
Thomas Farm CC/Abrakadoodle Staff

NEW! Pommies – Cheer Madness

Dance to fun music and learn cheers, chants and simple routines. Improve flexibility with basic gymnastics exercises and build self-confidence through team games.

Age: 3-5
9299 Sa 4/6-5/18 10-10:45 AM \$89/\$99
Lincoln Park CC/Cheer Madness Staff



Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two "Music Together" CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). The fee for siblings 10 months and older is \$105 for eight-week class and \$120 for the 10-week class. Adult participation required.

Age: 1 mos-5 yr

8 Weeks

9019	M	4/8-6/10	10-10:45 AM	\$168/\$185
9020	M	4/8-6/10	11-11:45 AM	\$168/\$185

Kicks Karate/Winkler

10 Weeks

9022	W	4/3-6/5	9:30-10:15 AM	\$198/\$220
9021	W	4/3-6/5	10:30-11:15 AM	\$198/\$220

Thomas Farm CC/Winkler/Liddle

Little Fingers Guitar (Adult/Child)

Instill a love of music in a fun and relaxing environment. Students are introduced to the guitar, musical symbols and play songs through group learning experiences. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 2-5
9025 Sa 4/6-5/18 9:15-9:45 AM \$120/\$130
Twinbrook CRC Annex/Learn Now Music Staff

Little Fingers Piano (Adult/Child)

Instill a love of music in a fun and relaxing environment. Students are introduced to the piano, musical symbols and play songs through group learning experiences. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 2-5
9003 Sa 4/6-5/18 10:15-10:45 AM \$120/\$130
Twinbrook CRC Annex/Learn Now Music Staff

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4

8149 Sa 4/6-5/25 10-10:45 AM \$72/\$82

8150 Sa 4/6-5/25 11-11:45 AM \$72/\$82

Twinbrook CRC/Tennant

Age: 3-4

8146 Sa 4/6-5/18 11-11:45 AM \$62/\$72

Thomas Farm CC

Age: 3-5

8151 W 4/3-5/22 10-10:45 AM \$62/\$72

Rockcrest Ballet Center/Tennant

Age: 3-5

8152 W 4/3-5/22 11-11:45 AM \$62/\$72

Rockcrest Ballet Center/Tennant

Age: 3-5

8142 Sa 4/6-5/18 10-10:30 AM \$45/\$50

Rockcrest Ballet Center/Simpson

Age: 3-5

8143 Sa 4/6-5/18 10:30-11 AM \$45/\$50

Rockcrest Ballet Center/Simpson

Age: 4-5

8147 Sa 4/6-5/18 10-10:45 AM \$62/\$72

Thomas Farm CC

Open House Montrose Discovery Preschool

451 Congressional Lane

Thursday, May 2

4-6 p.m.

Bring your child for a tour of our wonderful preschool.

Meet our experienced teachers and have all of your questions answered in person!

Registration forms will be available.

For more information call
240-314-8631.

Time for Toddlers

Monday Morning Moms

Mondays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment.

Twinbrook Community Recreation Center

240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Thomas Farm Community Center

240-314-8840

Toddler Time

Wednesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center

240-314-8780

Little Acorns

Nature-based activities.

Select Wednesdays and Saturdays

10-11 a.m.

(Pre-registration required.)

Croydon Creek Nature Center

240-314-8770



Fitness

Funfit Tots (Adult/Child)

Enjoy active games, songs, parachute play, balls and creative movement. Develop self-confidence, motor skills and socialization, and reinforce cognitive learning. Children must be walking.

Age: 1-4
9018 F 4/5-5/17 10-10:45 AM \$99/\$109
Thomas Farm CC/Funfit Staff

NEW! Mommy and Me Fitness – Cheer Madness

Parents, get fit and have fun while your little ones get their wiggles out! This high energy class includes cheers, dances, games and parent/child stunts that are fun for everyone. Tips on incorporating healthy lifestyles into parenthood and nutrition information is given each week.

Age: 5/under
9402 Tu 4/9-5/14 10:45-11:30 AM \$89/\$99
Thomas Farm CC/Cheer Madness Staff

Martial Arts

Kicks Karate – Little Ninjas

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Sign up for two classes and save \$29.

Age: 3yr 6m-6
8975 M 4/1-4/29 5:45-6:20 PM \$79/\$89
8976 Tu 4/2-4/30 4:45-5:20 PM \$79/\$89
8977 W 4/3-5/1 6:05-6:40 PM \$79/\$89
8978 Th 4/4-5/2 5:15-5:50 PM \$79/\$89
8973 Sa 4/6-5/4 8:55-9:30 AM \$79/\$89
8974 Su 4/6-5/11 9:30-10:05 AM \$79/\$89
Kicks Karate/Staff

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Sports – Instructional

Basketball Skills Junior – Tiny Tykes

Learn the sport of basketball in a fun and encouraging environment. Skills such as dribbling, passing and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 4-5
8989 Sa 4/6-5/18 10-10:45 AM \$79/\$89
Thomas Farm CC/Rose

Coach Doug Soccer

Kick off your child's soccer experience the Coach Doug way. Learn fundamental soccer skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self-confidence. No adult participation required.

Age: 3-6
9016 Su 4/28-6/9 11-11:45 AM \$69/\$79
Twinbrook CRC/Coach Doug

Coach Doug Wee Wanna Be (Adult/Child)

Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Children participate at their own pace. Sports change each season. Adult participation required.

Age: 2-5
9017 Su 4/28-6/2 10:15-11 AM \$69/\$79
Twinbrook CRC/Coach Doug

Little Tennis Aces

Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age-appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5
8546 Sa 4/6-5/18 3-3:45 PM \$89/\$99
Thomas Farm CC/Z. Yargici

Age: 4-5
8545 Su 4/7-5/12 9-9:45 AM \$89/\$99
King Farm Park/Z. Yargici



visarts SUMMER CAMPS 2019

June 17 through August 30

Take part in VisArts' award-winning Summer Camps! Make new friends and discover the artist in you.

Our one and two-week camps, supervised by creative professionals, allow students to explore new creative mediums, from drawing to painting, ceramics, movement, woodworking, S.T.E.M. and more!

Before care and extended care are available.

www.visartscenter.org
(301) 315-8200 | 155 Gibbs St. Rockville, MD 20850



CERAMICS



DRAWING



MIXED MEDIA



WOODWORK

Soccer Skills – Junior

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 3-5
8967 Th 4/4-5/16 4:45-5:30 PM \$79/\$89
Thomas Farm CC/Salgado

Age: 3-4
8965 Sa 4/6-5/18 9-9:45 AM \$79/\$89
King Farm Park/Hawkins

Age: 4-5
8966 Sa 4/6-5/18 10-10:45 AM \$79/\$89
King Farm Park/Hawkins

T-Ball Skills – Beginner

Experience what it's like to be on a team through game-like play! Coaches teach the fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are introduced. Bring a mitt to class.

Age: 4-6
8982 Sa 4/6-5/18 12-12:45 PM \$79/\$89
8983 Sa 4/6-5/18 1-1:45 PM \$79/\$89
King Farm Park/Rosenthal

Age: 4-6
8981 Tu 4/9-5/14 5-5:45 PM \$79/\$89
King Farm Park/Rosenthal

Tiny Hoopers

Time to get those tiny feet moving on the basketball court. Learn the basics of basketball, like dribbling, catching and passing. Toddler-sized basketballs are used for this class. Bring water and wear tennis shoes.

Age: 4-6
9408 Th 4/25-5/30 5:30-6:15 PM \$50/\$60
Lincoln Park CC/Dawkins

Tumble Tykes

Have fun and build self-confidence in this introductory level class. Help your child learn basic tumblers and exercises that improve large motor skills, balance, coordination, and physical awareness. Wear comfortable tight-fitting clothing.

Age: 2-3
8999 Th 4/4-5/16 10:30-11:15 AM \$105/\$115
Xtreme Acro and Cheer/Staff

UK Elite Petite Soccer

This program offers an introduction to the world's most popular sport through fantasy based games and fun activities. The program is designed to introduce the sport of soccer as well as capture the imagination and develop age appropriate motor and creativity skills.

Age: 2-3 (Adult/Child)
9001 W 4/3-5/15 4:30-5:15 PM \$105/\$119

Age: 3-5
9002 W 4/3-5/15 5:15-6 PM \$105/\$119
Woodley Gardens Park/UK Elite Staff





Theme Parties

Croydon Creek Nature Center
www.rockvillemd.gov/croydoncreek • 240-314-8770

Gymnasiums

Lincoln Park Community Center
www.rockvillemd.gov/lpcc • 240-314-8780

Thomas Farm Community Center
www.rockvillemd.gov/thomasfarm • 240-314-8840

Twinbrook Community Recreation Center
www.rockvillemd.gov/twinbrook • 240-314-8830

Outdoor Rentals

Lincoln Park Community Center (Isreal Park)

April 15-Sept. 30
www.rockvillemd.gov/lpcc • 240-314-8780

Thomas Farm Community Center (Falls Grove Park)

April 15-Sept. 30
www.rockvillemd.gov/thomasfarm • 240-314-8840

Rockville Park Picnic Areas
www.rockvillemd.gov/parksandfacilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center
www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Community Center
www.rockvillemd.gov/parksandfacilities
240-314-8660

Lincoln Park Community Center
www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center
www.rockvillemd.gov/parksandfacilities
240-314-8660

Rockville Senior Center
www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center
www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center
www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center
www.rockvillemd.gov/twinbrook
240-314-8830



Check Out Your Local Centers



CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday-Saturday 9 a.m.-5 p.m. • Sunday, 1-5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday-Saturday, 9 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m. (April-Oct.)

and 9 a.m.-8:30 p.m. (Nov.-March)



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m. (April-Oct.)

and 9 a.m.-8:30 p.m. (Nov.-March)



Summer Camps

We've Got Your Summer Covered!

**Camps • Playgrounds
Teen Activities**

Open to all metro-area families

Camps: Register for our popular Summer Blast, affordable all-day camp care, now at four locations. Enjoy specialty camps, including cooking, soccer, baseball, nature, skateboarding, Mad Science, Robotics, LEGO, and more. Offered June 17-Aug. 30.

Playgrounds: Sports, games, crafts, and other supervised recreational activities. Offered June 24-Aug. 1, 9:30 a.m.-3:30 p.m. in neighborhood locations throughout Rockville.

Teens: Future Leaders Camp, Leaders In Training volunteer opportunity, and Teens on the Go.

Pick up your guide at City Hall, Rockville recreation centers or the Rockville or Twinbrook libraries.

View our summer programs at www.rockvillemd.gov/camps. Register now.

REGISTER NOW

www.rockvillemd.gov/recreation

240-314-8620



Spring Happenings

Pajama Jam Movie Night

Friday, March 8, 7:30-9 p.m.

Twinbrook Community Recreation Center

Enjoy a fun family night out. Watch a movie on our large screen in your pajamas. Refreshments sold by Twinbrook Elementary School. Free event.

International Night

Friday, March 22, 6-8:30 p.m.

F. Scott Fitzgerald Theatre and Social Hall

Join your neighbors for an evening of fun and entertainment. Learn about the different countries that make up our community. Enjoy dance performances and traditional clothing displays. Try unique and traditional foods. Free event.

Superheroes Party

Saturday, March 23, 2-4 p.m.

Thomas Farm Community Center

Calling all superheroes: Report to Thomas Farm Community Center dressed as your favorite heroic character and show off your extraordinary talents! Meet some real-life superheroes while enjoying games, crafts, face painting and a moon bounce. For ages 2 and up. Pre-registration fees are \$8R/\$10NR for course #9327 and the fee at the door is \$10 per person. Children must be accompanied by a registered adult. All participants must register.

Spring Fling Dance

Friday, March 29, 7-9 p.m.

Twinbrook Community Recreation Center

Dance the night away to all the greatest hits at this fun family-friendly event. Refreshments sold by Meadow Hall Elementary School PTA. Fee is \$4 per person.

NEW! Bubble n Scrub

Saturday, April 6, 10:30 a.m.-noon

Thomas Farm Community Center

Children ages 6 and up team up with an adult partner to make child-friendly natural bath products. Participants will enjoy mixing up products such as bath playdough, lip scrub, bath fizzies and more. Each pair will take home at least four projects. Adults and children must register by March 23. This program is a partnership between Croydon Creek Nature Center and Thomas Farm Community Center. Register for course #9336 \$15R/\$18NR.

Thomas Farm Community Center 10th Anniversary Open House

Saturday, April 6 2-3:30 p.m.

Thomas Farm Community Center

You're invited to celebrate the 10th birthday of the Thomas Farm Community Center! Children's crafts, refreshments, fitness and pickleball demos. Free event. #ThomasFarmTurns10

Family Movie Night

Friday, April 26, 7:30-9 p.m.

Thomas Farm Community Center

Grab your family and join us for a family-friendly movie on the big screen in our gym. Bring blankets and pillows and snuggle up to enjoy the show. Concessions will be sold. Pre-registration fee is \$4R/\$5NR, the fee at the door is \$5 per person. Children must be accompanied by registered adult.

Spring Festival and Native Plant Sale

Saturday, April 27, 10 a.m.-noon

Croydon Creek Nature Center

Plan your garden and come to Croydon Creek Nature Center's spring open house. Enjoy hikes, activities, live animals, face painting and food. Free event.

NEW! Slime Time

Friday, May 3, 7-9 p.m.

Twinbrook Community Recreation Center

Time to get squishy! Participants choose from several different slime recipes to concoct their own special slime creation. Choose from fluffy, stretchy, drippy, recipes and customize them with colors, sparkles, and confetti. Fun to make and hours of fun to play with! Best of all mom and dad, your own kitchen stays clean! For ages 8-11. Pre-register for course #9306. Fee is \$10R/\$12NR.

Spring Outdoor Community Yard Sale

Saturday, May 4, 8 a.m.-noon

Richard Montgomery High School

Check out the great bargains at our annual community spring yard sale or sign up for a vendors table to sell your treasures. Free event. See our ad on page 35.

NEW! Mad Hatter's Tea Party

Saturday, May 11, 2-4 p.m.

Thomas Farm Community Center

Celebrate Mother's Day with a trip down the rabbit hole! Don your fanciest hat and tea party attire for our whimsical afternoon tea complete with refreshments, tea party games, crafts and more. Don't miss out on this very important date! For ages 2 and up. Pre-register for #9337, fee is \$12R/\$15NR, and the fee at the door is \$15 per person. Children must be accompanied by a registered adult.

Spring Break Programs

NEW! Spring Break Time!

Enjoy a day of your spring break having fun with friends. Activities include indoor and outdoor games, arts and crafts, and more. Bring a packed lunch and wear comfortable clothes.

Grade K-6

9309	W	4/17	8:30 a.m.-5:30 p.m.	\$40R/\$45NR
9310	Th	4/18	8:30 a.m.-5:30 p.m.	\$40R/\$45NR

Twinbrook CRC Annex

NEW! Spring Break Adventure Days

Join us for Spring Break Adventures! Each day will consist of an offsite field trip as well as time spent at Thomas Farm Community Center enjoying games, open gym and more. A letter will be sent to participants prior to the program with more detailed information about each day's activities.

Grade K-5

9332	W	4/17	9 a.m.-3 p.m.	\$35R/\$40NR
9333	Th	4/18	9 a.m.-3 p.m.	\$35R/\$40NR

Thomas Farm CC

NEW! Spring Break Teen Trips

It's spring break! Grab your friends, get out of the house and hang out with us. We have two awesome mini-day trips. We promise you'll have fun!

Age: 11-15

Dave & Busters

9415	W	4/17	Noon-5 p.m.	\$35R/\$40NR
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Main Event

9416	Th	4/18	Noon-5 p.m.	\$35R/\$40NR
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Lincoln Park Community Center

Note to parents: We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction.

Arts, Dance and Enrichment

LNM Group Piano Experience

Budding musicians participate in piano instruction and theory as well as musical games, musical listening excerpts and related projects. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 5-12
9007 Sa 4/6-5/18 11 AM-12 PM \$169/\$179
Twinbrook CRC Annex/Learn Now Music Staff

DANCE IN THE *Annual Student Performance*



Children, teens and beginner adults currently registered for ballet classes are eligible to participate in the Annual Student Performance. Pre-Ballet registrants not included. Fee includes one costume and admission for family and friends. Required rehearsals will be on Thursday, May 30 and Friday, May 31 starting at 5:30 p.m. Parent participation is encouraged. All parents of first time participants and children in beginner level classes are required to attend the parent meeting scheduled for March 27 at 7:30 p.m. in the Social Hall at the F. Scott Fitzgerald Theatre. Pre-registration is required. Students who are required to wear more than one costume should register for the extra costume fee using course #7334 in addition to the ASP.

7338 ASP Sat 6/1 12 PM \$60/\$70
7334 Second Costume Fee \$10
F. Scott Fitzgerald Theatre

Before-and After-School Enrichment

Early Birds

This morning program offers children a safe, fun environment with computer lab, crafts, organized games and other enrichment activities. Transportation is provided to Meadow Hall and Twinbrook elementaries. Program does not meet on MCPS non-school days. Optional daily drop-in is available for a \$10 daily fee.

Grade: K-5
9311 M-F 2/18-3/29 7-9:30 AM \$120/\$130
9312 M-F 4/1-5/10 7-9:30 AM \$120/\$130
9313 M-F 5/13-6/13 7-9:30 AM \$120/\$130
Twinbrook CRC Annex

Afterschool Adventure

This program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided from Meadow Hall Elementary School and Twinbrook Elementary School. Program operates when school is in session and does meet on early release days.

Grade: K-5
9314 M-F 2/18-3/29 3-6:30 PM \$150/\$170
9315 M-F 4/1-5/10 3-6:30 PM \$150/\$170
9316 M-F 5/13-6/13 3-6:30 PM \$150/\$170
Twinbrook CRC Annex

Clubhouse

Children spend time learning, creating and exploring during this drop-in, after-school program. Homework time, snacks, crafts and games are scheduled daily. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m. Extra charges apply for late pick-ups. MCPS Bus transportation is provided from Maryvale E.S. (at Northlake), College Gardens E.S., and Beall E.S. to Lincoln Park Community Center (afternoon drop-off only). All other local schools students are transported by MCPS request.

Grade: K-5
5440 M-F 4/1-5/10 3:30-6:30 PM \$115/\$135
5441 M-F 5/13-6/13 3:30-6:30 PM \$115/\$135
Lincoln Park CC

Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Come join the fun!

Age: 5-12
7563 M-F 4/1-5/10 3:40-6:30 PM \$155/\$175
8573 M-F 5/13-6/13 3:40-6:30 PM \$155/\$175
Twinbrook Elementary School

Fitness

Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention and improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12
9195 Sa 4/27-6/15 10:15-11 AM \$86/\$99
Rockville Swim and Fitness Center/Mendoza

NEW! Signature Poms – Cheer Madness

Learn conditioning exercises to improve jumps, motions, cheers and dances without competitive pressures. Exercises are designed to improve flexibility, strength and build endurance. Learn beginner stunting techniques, safety regulations and the importance of confidence and working as a team. New cheers and chants are introduced each week.

Age: 6-11
9305 Th 4/4-5/16 6-6:50 PM \$89/\$99
Lincoln Park CC/Cheer Madness Staff

Zumba Fit – Kids

In this fun, educational class, participants do a 15-20-minute kid-friendly warm up, then learn about the countries and cultures that inspired the dances presented. Each week, we'll visit a different country on the map to learn fun facts and each country's native dance. Participants will also play a game that combines what they learned with a fun activity. Class concludes with a cool down and the kids decorate their passports to record their journey.

Age: 7-12
9083 Sa 4/27-6/15 12-12:50 PM \$56/\$65
Rockville Swim and Fitness Center/Fasano

Martial Arts

Fencing – Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9
8558 Th 4/25-6/13 6:15-7:15 PM \$128/\$140
8555 Sa 4/27-6/22 11 AM-12 PM \$128/\$140

Age: 10-13
8556 Th 4/25-6/13 7:20-8:40 PM \$128/\$140
8557 Sa 4/27-6/22 12:20-1:40 PM \$128/\$140
Rockville Fencing Academy/Staff

Kicks Karate – Children

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Sign up for two classes and save \$29.

Age: 7-12
8985 Tu 4/2-4/30 5:55-6:40 PM \$79/\$89
8986 W 4/3-5/1 6:40-7:25 PM \$79/\$89
8987 Th 4/4-5/2 7:15-8 PM \$79/\$89
8988 F 4/5-5/3 4:50-5:35 PM \$79/\$89
8984 Sa 4/6-5/4 12:25-1:10 PM \$79/\$89
Kicks Karate/Staff

NEW! Zen Budo Karate

This holistic martial arts program combines traditional karate training with meditation, bullying prevention tactics and self-defense. Partner participation is encouraged. \$30 uniform fee is due at the first class. Students will test for their belt based on ability/advancement, which usually happens during their second session.

Age: 5-12
9401 M 4/9-5/14 5:45-6:30 PM \$49/\$59
Twinbrook CRC/Bowers

Help Rockville Youth Become a



- Work with elementary school students.
- One-on-one mentoring, one hour before or after school once a week, October-May.
- Training and support provided.
- Meet in a supervised group setting.

No special skills needed. Just a willingness to listen, offer guidance, friendship and encouragement.

Service learning credits available for high school students over age 16.

Learn more about the Rockville Mentoring Program by calling Kate Bouwkamp at 240-314-8317 or email: kbouwkamp@rockvillemd.gov

Sports – Instructional

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 10-12
8993 Th 4/4-5/30 4:30-5:25 PM \$89/\$99

Age: 8-9
8992 Th 4/4-5/30 5:30-6:25 PM \$89/\$99

Age: 13+
8991 Th 4/4-5/30 6:30-7:25 PM \$89/\$99
Thomas Farm CC/Jordan

Basketball Skills Junior – Little Big Shots

Learn the sport of basketball in fun and encouraging environment. Skills such as dribbling, passing and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 6-8
8979 Sa 4/6-5/18 11-11:45 AM \$79/\$89
Thomas Farm CC/Rose

OFFICIALS NEEDED!

Youth and Adult Leagues Weekday Evenings and Weekend



Youth Soccer and Basketball Adult Softball, Basketball and Soccer

For more information,
call 240-314-8620 or
email us at sports@rockvillemd.gov

We Need Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach one of our youth sports leagues this spring:

- Youth Soccer • T-ball
- Coach Pitch
- Track and Field

For more information call
240-314-8620 or email
sports@rockvillemd.gov

Lacrosse for Girls

Beginner to intermediate skills and offensive/defensive strategies are taught. Participants are divided into groups based on age and skill level. Bring a women's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (two or more) and \$10 off for each member of a team (five or more). To receive a discount, register by mail, fax or walk in.

Grade: K-4
9014 Su 4/28-5/19 12-1:30 PM \$100/\$110

Grade: 5-8
9015 Su 4/28-5/19 12-1:30 PM \$100/\$110
Welsh Park/McCormick

Parkour Gymnastics

Roll, jump, climb and flip just like a ninja warrior. Use balance, agility and vaulting skills to master various obstacle courses as you are introduced to elements of parkour. Safe and proper gymnastic techniques are emphasized. No previous experience necessary.

Age: 7-10
8996 M 4/8-5/20 5-6 PM \$89/\$99
Xtreme Acro and Cheer/Staff

Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 5-7

8963 Th 4/4-5/16 5:30-6:15 PM \$79/\$89
Thomas Farm CC/Salgado

Age: 7-9

8964 Th 4/4-5/16 6:15-7 PM \$79/\$89
Thomas Farm CC/Salgado

Age: 6-8

8962 Sa 4/6-5/18 11-11:45 AM \$79/\$89
King Farm Park/Hawkins



YOUTH SPRING SPORTS

Leagues Now Forming • Space is Limited

Co-Ed T-ball

Age: 4-6 #8056

Co-Ed Coach Pitch Baseball

Age: 7-9 #8057

Co-Ed Soccer

Ankle Bitters Grade: Pre-K #8062

Tiny Kicks Grade: K #8063

Strikers Grade: 1 #8064

Pee Wees Grade: 2-3 #8065

Bantams Grade: 4-5 #8643

Co-Ed Track and Field

Bantams Grade: K-2 #8058

Midgets Grade: 3-4 #8059

Juniors Grade: 5-6 #8060

Intermediates Grade: 7-8 #8061

For more information:

Email; sports@rockvillemd.gov
www.rockvillemd.gov/recreation/sports

240-314-8620

Worried about the weather?
Call the Rec Line at 240-314-5023.

Tennis (Adult/Child)

Want to learn tennis with your child? This class teaches tennis fundamentals to both adult and child at the same time. Great family activity. Price includes parent and one child; register child only. Adults should bring a racket. All other equipment is provided.

Age: 6-10

8549 Su 4/7-5/12 10-10:50 AM \$89/\$99
King Farm Park/Z. Yargici

Age: 6-10

8553 Su 4/7-5/12 11-11:50 AM \$89/\$99
King Farm Park/Z. Yargici

Age: 6-10

8548 Sa 4/6-5/11 5-5:50 PM \$89/\$99
Thomas Farm CC/Z. Yargici

Tennis – 10 and Under

Using kid-sized rackets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racket and ball activities, and enjoyable tennis games. Junior rackets are provided.

Age: 5-6

8539 Sa 4/6-5/18 9-9:50 AM \$75/\$85
King Farm Park/M. Yargici

Age: 7-9

8540 Sa 4/6-5/18 10-10:50 AM \$75/\$85
King Farm Park/M. Yargici

Age: 5-7

8527 Sa 4/6-5/18 4-4:50 PM \$75/\$85
Thomas Farm CC/Z. Yargici

Age: 5-7

8533 Sa 4/6-5/18 10-10:50 AM \$75/\$85
Twinbrook CRC/Palmer

Age: 8-10

8532 Sa 4/6-5/18 11-11:50 AM \$75/\$85
Twinbrook CRC/Palmer

Age: 5-7

8530 Th 4/11-5/23 5-5:50 PM \$75/\$85
Montrose CC and Park/Z. Yargici

Age: 8-10

8526 Th 4/11-5/23 6-6:50 PM \$75/\$85
Montrose CC and Park/Z. Yargici



NEW! Tennis Club

Enjoy these high-energy programs designed for parents and children who want to learn and enjoy the sport of tennis together. Parents are encouraged to participate and assist with the fun games that teach tennis fundamentals and good sportsmanship in an encouraging environment. No experience required. The instructor, Art Shenk, has over 40 years of experience in creating a fun atmosphere for sports for all ages. All equipment is provided.

Age: 7-8
9328 Sa 4/27-5/18 2-2:50 PM \$50/\$60

Age: 9-10
9329 Sa 4/27-5/18 3-3:50 PM \$50/\$60
Woodley Gardens Park/Shenk

Tennis Skills and Drills

Develop and improve fundamental skills including use of proper grip, racket preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Bring a racket and water bottle.

Age: 9-11
8538 Sa 4/6-5/18 11-11:50 AM \$75/\$85

Age: 12-15
8542 Sa 4/6-5/18 12-1:10 PM \$85/\$95
King Farm Park/M. Yargici

Tumbling and Tramp

Students learn a variety of tumbling skills from forward rolls to back handsprings, and progress to more difficult moves as skills are mastered. Trampoline skills, including proper jumping and landing, seat drops, straddle and tuck jumps, are also taught.

Age: 4-6
8994 F 4/5-5/17 5-6 PM \$89/\$99

Age: 7-12
8995 F 4/5-5/17 6:15-7:15 PM \$89/\$99
Xtreme Acro and Cheer/Staff

UK Elite Soccer

Activities focus on soccer specific individual skills such as first touch, ball manipulation, passing and shooting. Players are exposed to cooperative play and the concept of communicating and problem solving in the game setting. Wear shin guards. Cleats are recommended.

Age: 6-8
9000 W 4/3-5/15 6-7 PM \$105/\$119
Woodley Gardens Park/UK Elite Staff



Free Short-Term Counseling Services

- Free short-term counseling services are available for City of Rockville residents and youth who attend school within City of Rockville limits. Subject to an eligibility screening.
- Youth who are uninsured, under-insured or unable to access mental health services for other reasons may be eligible for these services.
- Youth who are experiencing mild to moderate mental health problems related to their personal, social, or family well-being may benefit from short-term counseling (15 sessions).
- Referrals are usually made by family members, school staff, or county agencies.
- A licensed professional counselor provides weekly counseling sessions in the Community Services Division office at City Hall, 111 Maryland Ave. Services may also be available in the community.

To determine eligibility, or for additional information, please call the Community Services Division at 240-314-8310.

The City of Rockville is a certified Youth Services Bureau.

www.rockvillemd.gov/communityservices



Summer Blast

June 17-Aug. 23, 2019

Ages 5-11

7:30 a.m. - 6 p.m.

Main Rec. Line: 240-314-8620

www.rockvillemd.gov/camps

Rockville's traditional premiere all-day, summer-long camp.

Have a blast at this all-day, all-summer fun and active camp! Register by the week or stay all summer long. Enjoy the best in camp games, crafts, sports, gym time, outdoor play, theme weeks and much more! Swimming several times every week, field trips and special events add to the excitement. Children will be grouped by age. Early morning and late-afternoon activities offered in a supervised, informal setting. Bring a bag lunch, snack and drink. Register for the eight-week option (nine-week option for Twinbrook CRC) and save. Participants must be age 5 by Sept. 1, 2019.

Sample Daily Schedule

7:30-9 a.m.: Check in and small group activities.

9-9:30 p.m.: Roll call and review daily schedule.

9:30 a.m.-3:30 p.m.: Camp activities, includes field trips, swim time, special events.

3:30 p.m.: Break and snack time.

4-6 p.m.: Games, indoor/outdoor play and check out.



Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851
240-314-8770 • www.rockvillemd.gov/croydoncreek

Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.



City Nature Challenge

Learn about the City Nature Challenge scheduled for 4/26-4/29 and how to use the iNaturalist app to participate in this region-wide bioblitz.

iNaturalist Training

iNaturalist is an easy to use citizen science app and social network that helps you to identify living organisms and record biodiversity. Learn how to use the iNaturalist to identify and map local species and improve your natural history knowledge. Download the app from the Google App store or iTunes prior to 4/13.

Age: 12+
9024 Sa 4/13 3-4 PM Free

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

Age: 3+

Ask a Naturalist

Curious about nature? You bring your burning questions about the natural world and we'll bring the s'mores ingredients. Enjoy a delicious campfire treat.

9012 Su 4/14 3-4 PM \$5/\$6

Nature Trivia

Who holds the title of the strongest animal on earth? What do you call a group of owls? How long can a beaver hold its breath? Put your nature knowledge to the test and learn these facts and more at this campfire.

9013 Sa 5/4 4-5 PM \$5/\$6

Little Acorns

Explore nature with your little ones through a variety of play-based activities. Time will be spent outdoors, weather permitting. Adult participation required. Spaces are limited. Advanced registration recommended.

Age: 18-36 months

Sticks and Stones

8950 W 4/10 10-11 AM \$7/\$9

Spring Babies

8951 Sa 5/4 10-11 AM \$7/\$9

Meadow Discovery

8952 W 5/15 10-11 AM \$7/\$9

Beaks and Feet

8953 Sa 6/1 10-11 AM \$7/\$9

Nature Service Learning Day

Spend the day earning up to 4 SSL hours working on various service learning projects outdoors at Croydon Creek Nature Center. Students must participate in order to earn hours. Dress for the weather as activities are outdoors. Pizza lunch will be provided. Register by 4/14.

Age: 11-15

9011 W 4/17 9 AM-4 PM \$36/\$48



Nature Tots (Adult/Child)

Discover the wonders of nature with your child. Each session, a naturalist helps you delve into a different nature topic through nature play, crafts, stories and hikes. Dress for the weather. Adult participation required. Spaces are limited.

Age: 2-5

Sounds of Nature

8956 Sa 4/6 10-11:30 AM \$8/\$10

Reptiles

8957 Th 4/25 10-11:30 AM \$8/\$10

Soil Sleuths

8958 Th 5/9 10-11:30 AM \$8/\$10

Pollinators

9009 Sa 5/18 10-11:30 AM \$8/\$10

Ladybugs

9010 Sa 6/15 10-11:30 AM \$8/\$10

Party on the Wild Side at Croydon Creek Nature Center

Birthday Party Themes

Classic Party (ages 3+; all year)

Classic With Craft (ages 3+; all year)

Feathers and Fur (ages 3+; all year)

Tracks and Trails (ages 3+; all year)

Meadow Mayhem (ages 4+; June-Sept)

Creek Crawl (ages 7+; June-Sept)

Geocaching Adventure (ages 8+; all year)

Party Planning Details

Birthday parties at Croydon Creek feature a fun-filled hour-long program led by a naturalist and are best suited for children ages 3 and older, with some parties designed for older children.

The birthday child receives one Wild Party T-shirt and each party guest receives a special nature craft to take home.

Scheduling a Party

Choose from the following times:

Saturdays: 10:30 a.m.-1 p.m. or 2-4:30 p.m., Sundays: 2-4:30 p.m.

Parties are scheduled year-round. Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability.

Party Fees

Fee (up to 10 children): \$180/Rockville resident; \$204/non-Rockville resident. Add \$10 for each additional child, up to a maximum of 25 children. A \$50 non-refundable deposit is required to reserve the date. Deposits can be paid using either MasterCard or VISA, check or cash.

Croydon Creek nature parties are designed to educate and entertain with hands-on programs that highlight the wonders of nature. The Nature Center's staff will make sure you and your child have a memorable birthday experience, whether you are interacting with the much-loved reptiles and amphibians who live at the center, exploring the trails on a geocaching adventure, or enjoying a naturalist-led hike in the surrounding woods.



Saturday, May 18
9 a.m.-5 p.m.

The National Park Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate.

KIDS TO PARKS DAY

Spend time outdoors. Enjoy the Hayes Forest Preserve.

240-314-8770

Croydon Creek

Outdoor Science Club

Young scientists investigate a variety of science topics through hands-on activities and time spent exploring the forest preserve.

Age: 6-8

Animal Adaptations

8959 Su 4/28 1:30-3 PM \$8/\$10

Soil Investigations

8960 Su 5/19 1:30-3 PM \$8/\$10

Watersheds

8961 Su 6/16 1:30-3 PM \$8/\$10



CLEAN-UP EVENTS

Hayes Forest Preserve

Trash Free Potomac Creek Clean-up
Saturday, April 13, 9 a.m.-noon

Invasive Species Pull
Sunday, May 5, 1:30-4:30 p.m.

- Time working at events is eligible for Student Service Learning hours.
- Students 14 years and younger must be accompanied by an adult.
- Gloves and bags are provided.

At Croydon Creek Nature Center

852 Avery Road
No registration required
240-314-8770

Stream Clean-up Meet-up at Saints Row Brewing

**Croydon Creek Nature Center
and
the Environment Commission**
invite you to stop by
Saints Row Brewing
(1211 Taft St.)

Noon-2 p.m. on Saturday, April 13
following the stream cleanups
that morning.

- Family-friendly and open to all
- Beer specials for volunteers over 21
- Food truck onsite



NEW! Rockville Brewshed - Brewer's Hike

Interested in being part of True Respite Brewing Company's latest recipe while also going on a streamside hike? Croydon Creek Nature Center and the Environment Commission invite you to join True Respite's Head Brewer, Kenny Allen, on a hike in the Hayes Forest Preserve to gather inspiration for their next beer. After the hike, we'll head over to True Respite Brewing Company to enjoy 15% off beers for hike participants 21 and over.

Age: 21+
9027 Sa 5/4 2-3 PM \$4/\$5

NEW! Spring Bird Walk

Discover the joy of watching birds! Join us on a morning walk for beginning birders. Learn how to use binoculars for birding, how to identify common local species, how to use bird guides and apps, and much more. Binoculars provided or bring your own.

Age: 18+
9023 Sa 5/11 8-9:30 AM \$5/\$6



Green Your Backyard

Sunday, May 5, 1:30 - 3 p.m.

Croydon Creek Nature Center
12920 Twinbrook Parkway, Rockville

Learn about RainScapes Rewards and other city programs. Green your back yard and reduce pollution.

Topics include rain barrels, conservation landscaping, tree planting and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

Open on a first-come, first-served basis; registration required. To register, call the RainScapes coordinator at 240-314-8877 or email rainscapes@rockvillemd.gov with your name and address. Free event.

17TH ANNUAL

Spring Festival and

Native Plant Sale

**Saturday, April 27
10 a.m.-noon**

*Bring the entire family and
enjoy the wonders of nature in
an urban setting*

- Woodland Hikes
- Spring Native Plant Sale
- Nature Games and Crafts
- Live Animals
- Face Painting
- Sustainability Exhibits

FREE EVENT

No registration required

852 Avery Road,
Rockville, MD 20851
240-314-8770

**[www.rockvillemd.gov/
croydoncreek](http://www.rockvillemd.gov/croydoncreek)**

Arts, Dance and Enrichment

NEW! Glimmer N' Gloss

Enjoy an intro into the world of cosmetology. In this six week class, you will learn the fundamental principles of hair styling, braiding, facial features, eye makeup and so much more from a professional hair and makeup artist. Cost includes hair and makeup kit that you can keep, and an instructor.

Grade: 6-11
5751 W 3/27-5/8 5:30-7:30 PM \$185/\$200
Twinbrook CRC

Before and After School Enrichment

Totally Teens

Totally Teens is a safe, healthy afterschool program that promotes positive youth development. Staff guides and supervises teens in a variety of recreational activities and trips of their choosing. Pre-registration required. Transportation is provided from Julius West Middle School. The program is held on early release days. It is not held on holidays or when MCPS is closed. Light snack is provided.

Grade: 6-8
9326 M-F 4/23-6/13 3:15-6:30 PM \$450/\$475
Thomas Farm CC

Twinbrook Teen Scene

Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants have daily opportunities for study time and can choose from a wide range of recreational activities conducted under the guidance and supervision of staff members. Transportation is available from Julius West and Wood middle schools, Twinbrook and Meadow Hall elementaries. Program does meet on MCPS early release days.

Grade: 5-8
9317 M-F 2/18-3/29 2:30-6:30 PM \$120/\$130
9318 M-F 4/1-5/10 2:30-6:30 PM \$120/\$130
9319 M-F 5/13-6/13 2:30-6:30 PM \$120/\$130
Twinbrook CRC

Fitness

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+
9102 W 4/24-6/12 12:15-1:15 PM \$88/\$104
9196 Th 4/25-6/13 10:15-11:15 AM \$88/\$104
9106 Su 4/28-6/16 9:15-10:15 AM \$77/\$91
Rockville Swim and Fitness Center

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18
9104 M 4/22-6/10 7-8 PM \$70/\$81
Rockville Swim and Fitness Center

Yoga for Teens

All 12-16 year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques, and meditation. This fun class for teens helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16
9197 Su 4/28-6/16 10:15-11:15 AM \$89/\$105
Rockville Swim and Fitness Center

Sports – Instructional

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 13+
8991 Th 4/4-5/30 6:30-7:25 PM \$89/\$99
Thomas Farm CC/Jordan

THEME PARK TICKETS

**On Sale
Early April**

**Parks, prices and
information to be
announced soon**

Call 240-314-8620



We Want You!



Are you great with children?

Are you enthusiastic and energetic?

Apply Now for Summer 2019 Camps and Playgrounds

Most programs run for eight weeks, about 35 hours per week.

- Plan and teach sports and games
- Outdoor activities • Arts and crafts
- Special events • Swimming
- Theme weeks and more!

For job openings and application information, visit www.rockvillemd.gov/careers

Applications may also be completed at Rockville City Hall, Human Resources, 111 Maryland Ave., Rockville, MD 20850. EOE

Teen Trips



NEW! Dolphin Sleepover

Spend an unforgettable night sleeping over with the dolphins at Baltimore's National Aquarium! Explore behind-the-scenes in the interactive Dolphin Discovery Lab, walk the catwalk over the shark tank and say good morning to the dolphins with an exclusive enrichment session. Price Includes: aquarium admission, 4D immersion film, transportation, dinner and breakfast. The program is supervised by City of Rockville and National Aquarium staff. For more information, call 240-314-8638/240-314-8652.

Age: 10-15

9443 F-Sa 5/17-5/18 4 PM-1 PM \$160/\$180
Twinbrook CRC

Spring Adventures

It's Spring Break! Grab your friends, get out of the house and hang out with us. We have two awesome mini-adventure days, we promise you'll have fun!

Ages: 11-15

Time: 12-5 p.m.

Price: \$35R/\$40NR

Dave & Busters

Wed. April 17 #9415

Main Event

Thurs. April 18 #9416

Pick-up and drop-off from Lincoln Park Community Center



Rockville TEENS



Youth
Entering
Grades:
6-11

ON THE GO

Monday-Friday
June 24-Aug. 16

Cost below includes entrance fees, MCPS or charter bus transportation, and supervision. Trips/schedules are subject to change. All return times are approximate. Payment plans, and financial assistance are available (240-314-8620).

Early Bird Rate: \$275/\$295 per week (ends Tuesday, May 14)

Regular Rate: \$295/\$315 (after Tuesday, May 14)

JULY 4th WEEK:

Early Bird Rate: \$220/\$236 (ends Tuesday, May 14)

Regular Rate: \$236/\$252 (after Tuesday, May 14)

Pick-up/Drop-off Locations

Twinbrook Community Center

Thomas Farm Community Center

Departure Time

...30 minutes before trip time

...Trips depart from this location

JUNE 24-28: Deadline to register, 6/17

8125	Splash Down 10 a.m.-5 p.m.	Dave & Buster's/Movie 10 a.m.-5 p.m.	Smithsonian Museum 10 a.m.-5 p.m.	Ropes Course/Swim 9 a.m.-5 p.m.	Six Flags 9 a.m.-8 p.m.
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JULY 1-5: Deadline to register, 6/24

8126	NinjaBE/Bowling 10 a.m.-5 p.m.	Aquarium 10 a.m.-5 p.m.	Main Events/Swimming 10 a.m.-5 p.m.	NO CAMP 4th of July Holiday	Kings Dominion 9 a.m.-8 p.m.
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JULY 8-12: Deadline to register, 7/1

8127	Splashdown 10 a.m.-5 p.m.	IFly/Swim 9 a.m.-5 p.m.	Bubble Ball/Water Tag 10 a.m.-5 p.m.	Medieval Times/Sky Zone 9 a.m.-5 p.m.	Guppy Gulch Camp 8 a.m.-7 p.m.
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JULY 15-19: Deadline to register, 7/8

8128	Go Kart/Swim 9 a.m.-5 p.m.	ClimbZone 10 a.m.-5 p.m.	National Zoo 10 a.m.-5 p.m.	Rafting 8 a.m.-4 p.m.	Six Flags 9 a.m.-8 p.m.
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JULY 22-26: Deadline to register, 7/15

8129	Splash Down 10 a.m.-5 p.m.	Air and Space Museum 10 a.m.-5 p.m.	IFly/Swim 9 a.m.-5 p.m.	Dave & Buster's/Movie 10 a.m.-5 p.m.	Guppy Gulch Camp 8 a.m.-7 p.m.
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JULY 29-AUG. 2: Deadline to register, 7/22

8130	Sky Zone/Swim 10 a.m.-5 p.m.	Washington Tour 10 a.m.-5 p.m.	Nationals Game 10 a.m.-5 p.m.	Rafting 10 a.m.-5 p.m.	Hershey Park 8 a.m.-8 p.m.
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AUG. 5-9: Deadline to register, 7/29

8131	Splash Down 10 a.m.-5 p.m.	Laser Tag/ZavaZone 10 a.m.-5 p.m.	Ropes Course/Swim 10 a.m.-5 p.m.	Bumper Ball/Water Tag 10 a.m.-5 p.m.	Kings Dominion 9 a.m.-8 p.m.
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Aug. 12-16: Deadline to register, 8/5

8132	Main Event/Movies 10 a.m.-5 p.m.	Muse/Swim 10 a.m.-5 p.m.	Air & Space Museum 10 a.m.-5 p.m.	Medieval Times/Sky Zone 9 a.m.-5 p.m.	Hershey Park 8 a.m.-7 p.m.
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Teens on the Go participants can purchase a special **combo center pass** to use community center services when waiting for trips to leave the center and on returning. This pass does not include the fitness room. This pass is highly recommended for all Teens on the Go participants who do not have a center membership. The cost is \$15 for residents and \$20 for nonresidents (course #8134). The pass is only good for summer 2019 and can be used at both community centers.

Spotlight on City of Rockville Parks and Facilities

Croydon Creek Nature Center



Croydon Creek Nature Center is nestled on 120 acres of forest preserve, open meadow areas and a winding creek bustling with a variety of wildlife.

In addition to over three miles of hiking trails visitors enjoy interpretive exhibits and informative programs.

There's so much to learn when you visit CCNC. Did you know...???



- If our eyes were as big as an owl's eyes they would be the size of oranges.
- A snake's tongue is forked so it can tell the direction of its food
- A turtle's shell is part of its skeletal system

- All bugs are insects but not all insects are bugs

Discover more amazing animal facts when you visit CCNC. The center is open 6 days a week and there is no cost to visit though there are fees associated with some of our programs.

852 Avery Road • Rockville, MD 20851
www.rockvillemd.gov/croydoncreek



Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes are eligible for a \$5 discount for one class.

Age: 13+

Beginner-Intermediate

7355	Th	2/28-4/11	8-9:15 PM	\$75/\$85
7385	Th	4/25-5/23	8-9:15 PM	\$75/\$85
8045	M	4/1-5/20	7:15-8:30 PM	\$105/\$115

Intermediate

7353	Tu	2/26-4/16	8-9:15 PM	\$85/\$95
7354	Tu	4/23-5/28	8-9:15 PM	\$85/\$95

Advanced

7390	Tu	2/26-4/16	6:30-8 PM	\$105/\$115
7391	Tu	4/23-5/28	6:30-8 PM	\$105/\$115
7367	Th	2/28-4/11	6:30-8 PM	\$85/\$95
7368	Th	4/25-5/23	6:30-8 PM	\$85/\$95

Rockcrest Ballet Center/Simpson/Chongpinitchai



Ballet Workshop – From Studio to Stage

Designed for beginner adult students to refine their technique and work on skills to prepare them for performing on stage.

Age: 16+

9355	Sa	5/11	2-4 PM	\$25
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Rockcrest Ballet Center/Simpson/Chongpinitchai

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under direction from a producer. Learn what the pros look for, how to prepare and where to find work in your area.

Age: 18+

8644	Tu	4/2	6:30-9 PM	\$25/\$30
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Rockville Senior Center/Voice Coaches



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Fitness

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

8513 W 4/3-6/12 6:20-7:15 PM \$87/\$97
Thomas Farm CC/Ramsey

9420 Sa 3/23 8:30-9:30 AM Free demo
9421 Sa 4/6-6/8 8:30-9:30 AM \$65/\$75
Twinbrook CRC/Holland

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower-back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

9040 M 4/22-6/10 12:45-1:15 PM \$35/\$42
Rockville Swim and Fitness Center/Gwet
9041 M 4/22-6/10 8:05-8:35 PM \$35/\$42
Rockville Swim and Fitness Center/Horsey
9046 W 4/24-6/12 12:45-1:15 PM \$40/\$48
Rockville Swim and Fitness Center
9047 W 4/24-6/12 8:05-8:35 PM \$40/\$48
Rockville Swim and Fitness Center/England
9375 F 4/26-6/14 12:45-1:15 PM \$40/\$48
Rockville Swim and Fitness Center

Body Sculpt

Be prepared to sweat! This total-body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+

9099 Tu 4/23-6/11 5:30-6:25 PM \$64/\$75
Rockville Swim and Fitness Center/Johnson

Bootcamp – Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

9089 M 4/22-6/10 5:45-6:45 PM \$58/\$67
Rockville Swim and Fitness Center
9101 W 4/24-6/12 5:15-6:15 PM \$64/\$75
Rockville Swim and Fitness Center/Silverman
9379 Th 4/25-6/13 9:10-10:10 AM \$58/\$67
Rockville Swim and Fitness Center/Gwet

Bootcamp – Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

9087 M 4/22-6/10 6:30-7:30 AM \$58/\$67
Rockville Swim and Fitness Center
9088 M 4/22-6/10 7-8 PM \$58/\$67
Rockville Swim and Fitness Center/Horsey
9097 W 4/24-6/12 6:30-7:30 AM \$64/\$75
Rockville Swim and Fitness Center/Melendez-Munoz
9378 Th 4/25-6/13 6-7 PM \$58/\$67
Rockville Swim and Fitness Center
9098 F 4/26-6/14 6:30-7:30 AM \$64/\$75
Rockville Swim and Fitness Center



Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40s music. All fitness levels welcome.

Age: 16+
9092 M 4/22-6/10 9:30-10:15 AM \$58/\$67
Rockville Swim and Fitness Center/Gedalowitz

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape with a class that combines boxing, martial arts and aerobics. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+
9100 Th 4/25-6/13 7-8 PM \$64/\$75
Rockville Swim and Fitness Center

Cardio Strength

Challenge yourself with this demanding workout. The class starts with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full-body stretch. The focus is on maintaining great form throughout all of the movements.

Age: 16+
9096 Tu 4/23-6/11 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Gwet

Cardio, Sculpt and Tone

Enjoy 15 minutes of cardio, 15 minutes of strength training and 15 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring a mat and weights.

Age: 16+
8543 Sa 4/6-6/15 8:30-9:30 AM \$72/\$82
Rockville Senior Center/Ramsey

Circuit Cardio

A quick workout designed for those who can't fit in a long exercise program. Class includes cardio, core work and weight training. Segments of step work are included along with a variety of strength-building exercises. Bring a mat and weights.

Age: 16+
8509 Th 4/4-6/13 5:45-6:15 PM \$48/\$55
Rockville Senior Center/Ramsey

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low-impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring a mat and weights.

Age: 16+
8541 Tu 4/2-6/11 5:30-6:15 PM \$85/\$95
Thomas Farm CC/Webb

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights are used.

Age: 16+
9377 M 4/22-6/10 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Kolanowski

9094 Tu 4/23-6/11 11-11:45 AM \$64/\$75
Rockville Swim and Fitness Center

9095 Th 4/25-6/13 11-11:45 AM \$64/\$75
Rockville Swim and Fitness Center

NEW! Foam Rolling - Beginner

This class will help you sooth tight muscles by using a foam roll for self-massage. Release tension and speed up muscle recovery in as little as 30 minutes. This course is for participants who are already working out. Foam rollers are provided. Bring a water bottle and (optional) yoga mat.

Age: 16+
9441 W 4/24-6/12 6:15-6:45 PM \$56/\$67
Rockville Swim and Fitness Center/England

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+
9093 Th 4/25-6/13 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center

In Motion

This fitness class is designed to help seniors, older adults, and anyone with difficulty balancing maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group. Exercise can energize mood, relieve stress, help manage symptoms of illness and pain, and improve overall sense of well-being. Stay active and healthy!

Age: 16+
9045 Tu 4/23-6/11 12:45-1:15 PM \$35/\$42
Rockville Swim and Fitness Center

Adults

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper-body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+
9044 Th 4/25-6/13 12:45-1:15 PM \$35/\$42
Rockville Swim and Fitness Center

Lo by Jazzercise

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation. Bring a mat and weights.

Age: 16+
8517 M 4/8-6/10 6:45-7:45 PM \$72/\$82
8518 W 4/10-6/12 6:45-7:45 PM \$90/\$100
College Gardens Elementary School/Proctor

Metabo Body Blast

Pump up your metabolism as you get fit through an energizing cardio workout, strength training and core work. Burn calories, improve endurance, stamina and flexibility. Bring a mat and weights.

Age: 16+
8511 M 4/8-6/10 6:15-7 PM \$71/\$81
Thomas Farm CC/Ramsey

NIA

The NIA Technique is a holistic cardio-dance fitness practice that combines modern dance arts, martial arts and healing arts (such as yoga), in a workout set to joyful and uplifting music including some Bollywood and Bhangra beats. NIA is movement as medicine. It addresses the body, mind and spirit, leaving you feeling deeply energized, strong, open, clear and balanced. Find joy, ease and pleasure in each movement, treat your body with kindness, and express each movement in your body's way. No experience is necessary. Wear loose-fitting clothing. Class may be held barefoot.

Age: 18+
8145 W 4/3-5/22 9:30-10:30 AM \$60/\$70
Thomas Farm CC/Khatri



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+
9356 Tu 4/2-6/4 6:30-7:25 PM \$99/\$109
Rockville Swim and Fitness Center/Poole

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+
9357 Tu 4/2-6/4 7:30-8:25 PM \$99/\$109
Rockville Swim and Fitness Center/Poole

Pilates - Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+
9102 W 4/24-6/12 12:15-1:15 PM \$88/\$104
Rockville Swim and Fitness Center/Kolanowski
9196 Th 4/25-6/13 10:15-11:15 AM \$88/\$104
Rockville Swim and Fitness Center/Kolanowski
9106 Su 4/28-6/16 9:15-10:15 AM \$77/\$91
Rockville Swim and Fitness Center/Horsey

Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class focuses on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

Age: 16+
9086 Sa 4/27-6/15 8-9 AM \$58/\$67
Rockville Swim and Fitness Center

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 pound weights.

Age: 16+

8515	W	4/10-6/12	9:30-10:30 AM	\$75/\$85
8516	M	4/8-6/10	9:30-10:30 AM	\$67/\$77

Thomas Farm CC

NEW! Strength Training with Cardio

Enjoy this new total conditioning class that uses strength and cardio exercises with plyometric moves to improve overall fitness. Strengthen your core, tone muscles and improve coordination and agility. Bring a mat and weights to class.

Age: 16+

9398	Th	4/4-6/13	6:30-7:15 PM	\$75/\$85
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Rockville Senior Center/Ramsey

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

Age: 16+

9039	Su	4/28-6/16	11:20-11:50 AM	\$35/\$42
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Rockville Swim and Fitness Center/Horsey

Yoga – Balance, Flexibility, Mood & Strength

Release tension, de-stress and refresh by practicing gentle yoga postures. Calm restless thoughts, cultivate concentration, support mental clarity and confidence using breath techniques and meditation practices. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Class includes sitting, standing and lying. Check with your doctor before enrolling. Bring a yoga mat and sturdy blanket or bath sheet to class.

Age: 16+

8154	M	4/1-6/10	1-2 PM	\$92/\$102
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Thomas Farm CC/Neves



Yoga – Gentle with Stretching

Learn simple ways of bringing the benefits of a yoga practice into your daily life for greater well-being. Enjoy a meditative experience with restorative and gentle poses, stretches, movements and breath. No prior yoga experience required. Good for all levels. Positions and stretches are accessible to most individuals. Bring a mat, yoga strap and Mexican blanket to class.

Age: 16+

8175	Th	4/4-6/13	7:30-8:45 PM	\$130/\$140
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Rockville Senior Center/Neves

Yoga – Beginner and Continuing

Be introduced to traditional yoga techniques such as meditation, breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile.

Age: 16+

8520	Tu	4/2-5/28	9:30-10:30 AM	\$79/\$89
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Thomas Farm CC/Pigotti

8144	W	4/3-5/15	7-8 PM	\$59/\$69
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Lincoln Park CC/Pigotti

8165	Th	4/4-5/23	6:30-7:25 PM	\$79/\$89
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Twinbrook CRC/Furlong

Yoga – Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+

9239	Tu	4/23-6/11	9:15-10:15 AM	\$102/\$120
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Rockville Swim and Fitness Center/McAllister

9240	F	4/26-6/14	9:15-10:15 AM	\$102/\$120
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Rockville Swim and Fitness Center/Lydecker

Yoga – Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 16+

9237	W	4/24-6/12	9:15-10 AM	\$98/\$113
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Rockville Swim and Fitness Center/Mendoza

9194	Sa	4/27-6/15	9:15-10 AM	\$86/\$99
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Rockville Swim and Fitness Center/Mendoza

Yoga – Hatha Beginner

A basic yoga class that emphasizes static postures compared to styles with more movement or flow. Expect a slower-paced stretching-focused class with some basic breathing exercises incorporated. Bring a yoga mat, strap and block.

Age: 16+
9359 M 4/22-6/10 8:10-9:10 AM \$89/\$107
Rockville Swim and Fitness Center/Mendoza

Yoga – Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+
8174 M 4/1-6/10 7:30-8:45 PM \$109/\$119
Thomas Farm CC/Neves

Yoga – Power

Using the time-honored wisdom of yoga, this practice is a dynamic combination of strength, sweat and spirituality. Power Yoga detoxifies, heals and electrifies. This accessible, challenging and flowing form of yoga will lead you to a state of transformation. It will sculpt, tone and hone the muscles of your body and your mind. All levels are welcome. Bring a yoga mat, water and towel to class.

Age: 16+
9430 W 4/10-5/29 7:40-8:40 PM \$72/\$82
Rockville Senior Center/Nair

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+
9198 M 4/22-6/10 9:15-10:15 AM \$89/\$105
Rockville Swim and Fitness Center/Mendoza

9238 W 4/24-6/12 7-8 PM \$102/\$120
Rockville Swim and Fitness Center/England

Yoga with Weights

This intensive class strengthens, tones, relaxes and increases your flexibility through a combination of free weights and specific yoga postures, along with practicing traditional yoga positions. Students should wear comfortable clothing, bring a yoga mat and water. Contact pgnairzen@gmail.com with any questions. Class is for beginner and continuing yoga students.

Age: 16+
8153 Su 4/7-6/2 10:30-11:30 AM \$72/\$82
Rockville Senior Center/Nair

Zumba – Dance Fitness

This is Latin dance at its finest. It is a high-energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Classes are taught by licensed Zumba instructors.

Age: 16+
8138 Tu 4/2-5/7 7:30-8:25 PM \$45/\$50
Thomas Farm CC/Graves

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16+
9084 W 4/24-6/12 6:05-6:50 PM \$56/\$65
Rockville Swim and Fitness Center/Johnson

9085 Th 4/25-6/13 7-7:45 PM \$56/\$65
Rockville Swim and Fitness Center

9091 F 4/26-6/14 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/Johnson

Thomas Farm Turns



Thomas Farm Turns 10!
Open House

2-3:30 p.m.

Saturday, April 6

You're invited to celebrate the 10th birthday of
the Thomas Farm Community Center!

#ThomasFarmTurns10

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1- or 2-pound weights.

Age: 16+

9090 W 4/24-6/12 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/DiTullio

9082 Sa 4/27-6/15 11-11:45 AM \$56/\$65
Rockville Swim and Fitness Center/Fasano

Martial Arts

Fencing – Beginner

Designed to introduce beginners to the Olympic sport of fencing, this course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

8519 Tu 4/23-6/11 7-8:20 PM \$128/\$140

8559 Sa 4/27-6/22 2-3:20 PM \$128/\$140

8560 Su 4/28-6/23 11:25 AM-12:45 PM \$128/\$140

Rockville Fencing Academy/Staff

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes and save \$29.

Age: 13+

8969 M 4/1-4/29 8:25-9:10 PM \$79/\$89

8970 Tu 4/2-4/30 8:15-9 PM \$79/\$89

8971 W 4/3-5/1 8:15-9 PM \$79/\$89

8972 Th 4/4-5/2 8-8:45 PM \$79/\$89

8968 Su 4/6-5/11 8:45-9:30 AM \$79/\$89

Kicks Karate/Staff

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

8523 Tu 4/9-6/4 7-8 PM \$55/\$65

Elwood Smith Park/Lamb

NEW! Zen Budo Self Defense

Be prepared to defend yourself when you can't reason with someone and need to guard against an attack. Learn safety tips and various techniques to help you counter an offender's aggressive behavior when it's a last resort to resolve a situation.

Age: 16+

9400 Tu 4/9-5/14 6:45-7:45 PM \$49/\$59

Twinbrook CRC/Bowers

SPRING ADULT TEAM LEAGUES

Men's Softball
Co-Rec Volleyball
Men's Basketball
Co-Rec Softball
Co-Rec Soccer 7's

League play begins:

April 5: Co-Rec Softball (Reverse)

April 8: Men's Softball

April 8: Men's Basketball

April 11: Co-Rec Volleyball (indoor)

April 11: Co-Rec. Soccer 7's

May 14: Sand Co-Rec Volleyball

www.rockvillemd.gov/recreation/sports
240-314-8620



Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Sports – Instructional

Pickleball - (Indoors)

A paddle sport that is a cross between tennis, badminton and ping pong where you hit a whiffle ball over a badminton-sized court. If you've never played this sport before this class is designed for you. It's easy to learn and fun to play. This class teaches participants basic strokes, dinks, serve, footwork and rules of the game. Paddles and balls are provided.

Age: 16+
8522 W 4/24-5/15 6-7 PM \$30/\$35
Twinbrook CRC/Daly

NEW! Pickleball – (Outdoors)

Participants are encouraged to bring their own paddles but paddles are available for instructional clinics. **Combo Package Deal** - register for one Outdoor Clinic and Social Mixer for best deal. \$49R/\$59NR. Discount given at checkout.

Clinic - First Timers

Enjoy playing the fastest growing sport in America. Participants will learn 10 tips for smart pickleball play, instruction for all strokes and serve, drill work, and mixed-partner doubles strategies and play.

Age: 16+
8525 Sa 4/27-5/18 4-4:50 PM \$40/\$45
Woodley Gardens Park/Shenk/Daly

Clinic - Adv Beg/Intermediate

Pickleball players with experience work on improving techniques, shot selection and placement, and strategies for doubles play. On-court tips will enhance your game.

Age: 16+
8570 Sa 4/27-5/18 4-4:50 PM \$40/\$45
Woodley Gardens Park/Shenk/Daly

Social Mixer

Come out to play doubles in a fun social setting. Play is continuous with no wait time. Instructors will mix and match partners of similar abilities while giving on court tips and strategies. Bring your own paddle.

Age: 16+
8571 Sa 4/27-5/18 5-6:30 PM \$30/\$35
Woodley Gardens Park/Shenk/Daly

NEW! Tennis – Live Ball

This new, fast paced program is fun, challenging, and a great way to improve your doubles game. Your ability to anticipate balls, and control shots will improve, along with your cardio fitness level. Learn strategic shot placement to elevate your game to the next level.

Intermediate 3.0-3.5 NTRP Level

Age: 16+
9321 Th 4/25 9:30-11 AM \$29/\$35
9322 Th 5/2 9:30-11 AM \$29/\$35
9323 Th 5/9 9:30-11 AM \$29/\$35
9324 Th 5/16 9:30-11 AM \$29/\$35

Thomas Farm CC/M. Yargici

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racket.

Beg/Novice -2.0-3.0 NTRP Level

Age: 16+
9325 Sa 4/6-5/18 4-4:50 PM \$75/\$85

Montrose CC and Park/M. Yargici

8537 M 4/8-5/13 6-6:50 PM \$75/\$85
Twinbrook CRC/Asaka

8535 Tu 4/9-5/14 6-6:50 PM \$75/\$85
King Farm Park/M. Yargici

8531 W 4/10-5/15 6-6:50 PM \$75/\$85
Mattie Stepanek Park/Asaka

Intermediate 3.0-3.5 NTRP Level

Age: 16+
8547 Sa 4/6-5/18 5-5:50 PM \$75/\$85

Montrose CC and Park/M. Yargici

8554 M 4/8-5/13 7-8:15 PM \$89/\$99
Twinbrook CRC/Asaka

8552 Tu 4/9-5/14 7-8:15 PM \$89/\$99
King Farm Park/M. Yargici

9427 W 4/10-5/15 7-8:15 PM \$89/\$89
Mattie Stepanek Park/Asaka

Stay up to date with what's happening in our city.

Go to the city's website at rockvillemd.gov, select the "join" button under "newsletter sign up."

Select notifications you would like to receive for recreation and parks programs, cultural arts, special events, community center activities and more.

**Register
Early!**



Presented by



City of
Rockville
Get Into It



**Montgomery
County
Road Runners
Club**

Saturday, June 22

7:30-9:30 p.m.

**Suds & Soles offers a race
for the entire family!**

This great 5K course on neighborhood roads begins and ends in Town Center with a post-race party featuring a commemorative mug, the opportunity to sample some great beverages and live music. Register early and save. There are limited slots available at reduced prices.

The KidsZone will return this year, which includes a kids fun run, kids activities and light refreshments.

**Register at
[www.rockvillemd.gov/
sudsandsoles](http://www.rockvillemd.gov/sudsandsoles)**



Rockville Farmers Market



**Fruit • Vegetables • Meat • Flowers
Cheese • Bread • Baked Goods**

Saturdays

May 18-Nov. 23

9 a.m.-1 p.m.

Corner of Rt. 28 and Monroe St.

WIC and EBT/SNAP accepted

[www.Facebook.com/
RockvilleFarmersMarket](http://www.Facebook.com/RockvilleFarmersMarket)



www.rockvillemd.gov/farmers • 240-314-8620

**Coming to your
community this fall!**

Youth Fall Sports Leagues:

- Co-Ed Soccer: Pre-K through eighth grade
- Co-Ed Cross Country: First through eighth grade

Adult Fall Sports Leagues:

- Men's Softball • Men's Basketball
- Co-Rec Reverse Softball • Co-Rec Volleyball (indoors)
- Women's Volleyball (indoors) • Co-Rec Soccer 7's
- 44th Annual Rockville 10K/5K race

The Sports Division fall sports leagues details will be available in our summer guide on May 3 and online at: www.rockvillemd.gov/recreation/sports.

Hit the Road Jack!

and Go Cycling

Rockville Bicycle Advisory Committee

www.rockvillemd.gov/rbac

rockvillebikerides@gmail.com

www.facebook.com/bikerockville



Bike Season Kick-off Ride

Saturday, April 27 • 10 a.m.

Meet at City Hall

Tour de Cookie

Saturday, May 4 • 8 a.m.

www.tourdecookie.com

National Bike to School Day

Wednesday, May 8

www.walkbiketoschool.org

13th Annual Rockville Ride of Silence

Wednesday, May 15 • 7 p.m.

www.rideofsilence.org

National Bike to Work Day

Friday, May 17 • 6:30 a.m.

www.biketoworkmetrodc.org

Tuesday Evening Rides

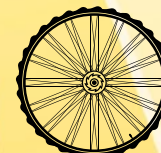
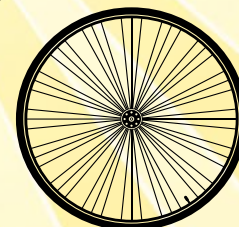
June 4 to Aug. 27 • 6:30 p.m.

www.meetup.com/bikerockville

Carl Henn Millennium Trail Ride

Sunday, June 16 • 10 a.m.

Meet at Rockville Senior Center



2019 WOOTTONS MILL GARDEN PLOT PROGRAM

Registration Now Open
Plots are ready for use
April 1, program ends
Nov. 11.

Join over 100 active gardeners. Make friends and be active while reaping the benefits of growing your own fresh vegetables. The City of Rockville provides access to water. Garden plots are approximately 25 by 25 feet. Gardeners provide their own fencing, weed barrier, hoses, tools and other gardening supplies.

Garden plots are \$55 for residents and \$80 for nonresidents. Visit www.rockvillemd.gov/garden-plots to download an information packet with a registration form.

Rockville Events Sponsorship Opportunities

REACH NEW AUDIENCES

Sponsor benefits include on-site booth and signage, logo on materials, mentions on social media and more, depending on level of support.

Contact:

240-314-8658

edeal@rockvillemd.gov



Spring Outdoor Yard Sale



Saturday, May 4

8 a.m. – noon

Richard Montgomery High School

Time for spring cleaning! Get into those closets, find some treasures to sell and make some easy money at our annual community Spring Yard Sale. Vendors must pre-register with payment to secure a space.

Payment holds one parking spot and one 6-by-3 feet table. Set-up time is 7-8 a.m. Only one table permitted per spot, when providing your own table. Table cannot exceed 6-by-3 feet. Rain date May 5.

No weapons or food can be sold.

City provided table, \$30 #9409. Additional table, \$30 #9410. Bring Your Own Table, \$20 #9411



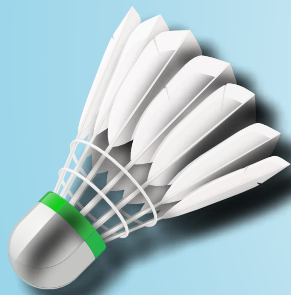
All - Center Drop - In Pickle Ball and Badminton

Pickleball:

TCRC: Wednesday, 7-9 p.m.

TFCC: Wednesday and Thursday, 10 a.m.-noon
Friday, 4-6 p.m.

Badminton:



TCRC: Thursday, 7-9 p.m.

Sunday, 3-6 p.m. (March-December)

TFCC: Tuesday, 7:15 p.m. - 9:30 p.m.

Friday, 11:15 a.m. - 1:15 p.m.

Sunday, 5:30-8:30 p.m. (November-March)

Sunday, 3-6 p.m. (April-October)



Combo all-center memberships (excludes fitness memberships)

\$50 Residents • \$90 Nonresidents

Ask about our open-gym basketball and fitness memberships

Lincoln Park Community Center (LPCC)

357 Frederick Ave. • 240-314-8780

Thomas Farm Community Center (TFCC)

700 Fallsgrove Drive • 240-314-8840

Twinbrook Community Recreation Center (TCRC)

12920 Twinbrook Parkway • 240-314-8830



Need Help with Past-Due Rent or Utility Payments?

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville residents experiencing a financial crisis such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Residents in financial crisis must apply first for emergency services at the Rockville office of Montgomery County Health and Human Services, 1301 Piccard Drive; 240-777-4550.

240-314-8310

www.rockvillemd.gov/communityservices/assistance

Thank You!



To learn more about the Rockville Recreation and Parks Foundation visit www.rrpfi.org.

Save the Date

Rockville Recreation and Parks Foundation

Golf Classic

Friday, May 3, 8:30 a.m. Shotgun

Hampshire Greens Golf Course
616 Firestone Drive, Silver Spring, MD

For registration and sponsorship information, visit www.rrpfi.org



ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800 • www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to adults, ages 60 and older.

REGISTRATION DATES

(M) – Member registration begins **Tuesday, Feb. 26.**

Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins Thursday, Feb. 28 for all other city programs.

(NM) – Nonmember registration begins **Thursday, Feb. 28.**

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. Call 240-314-8816 or 240-314-8817 to meet individually with an outreach specialist.

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Life in Rockville Recreation Guide. One \$10 discount may be used per Senior Center member, per activity for programs over \$50. Does not apply to workshops. This discount is not valid for aquatics classes. Refer to the aquatics section for pricing. For more information call 240-314-8800.

All senior programs are held at the Rockville Senior Center unless noted.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810

Program Fees

Fee = member/nonmember



Center Membership Fees

\$40/year – Rockville resident

\$135/year – Nonresident; \$65 spouse

Fitness Center

Membership Fees

\$90/year. (Must be a Senior Center member)



PROGRAM ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required.

Call 240-314-8810.

Check our monthly newsletter for updates, special events, and movies. The newsletter can be found online at www.rockvillemd.gov/seniorcenter or in person at the center.



Look for additional information in our

Adults 60+ *Recreation and Services Guide*

Pick up your copy today at the following locations:

Rockville Senior Center, all community centers, Croydon Creek Nature Center, Rockville City Hall, Rockville Swim and Fitness Center, Rockville and Twinbrook Libraries.

If you do not receive your guide in a timely manner, visit one of the locations listed above.
visit www.rockvillemd.gov/recreation to view online.

Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?

Monday to Friday:

Pickup schedule (for those who call in advance): Approx. 9 a.m. and approx. 11 a.m.

Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older. See or call the transportation office for a reservation: 240-314-8810.

Call before 2 p.m. the day before and Friday for a Monday pickup.

Benefits of the Senior Center Membership include:

Discounts on Senior Programs • Discounts on Rentals • DVD Rentals
Eligibility to Join the Fitness Center • Early Class Registration • Drop-In Programs
Discounts on Rockville Adult Classes • Eligible for Senior Garden Plots

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

7 a.m.-8 p.m., Monday-Thursday

7 a.m.-7 p.m., Friday

7 a.m.-4 p.m., Saturday

Fitness Center Membership Fees

\$90/year (Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800

Adults 60+

Senior Center Information and Support Services

BUILDING CLOSED

Monday, May 27 - Memorial Day

Rockville Emergency Assistance Program (REAP)

For residents 60-plus, emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Martha McClelland at 240-314-8816, or Miriam Minera, 240-314-8817.

TRIP REGISTRATION In-Person Lottery

Tuesday, March 12, 10:30 a.m.

Senior Center members

Numbers distributed in random order, 10:15 a.m.

Thursday, March 14

Nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



Rockville Villages

What are villages?

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information:

Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov.
www.rockvillemd.gov/rockvillages
www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html

April Supper Club

Tuesday, April 16 • 5-7 p.m.

A catered dinner and entertainment celebrating the

Senior Center's 37th Anniversary.

Register by 4/8. Course # 9413; \$20 Members \$25 Nonmember

Senior Center Happenings:

Rockville Seniors, Inc. Sponsored Fundraisers

Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information, visit: www.rockvillemd.gov/boardsandcommissions

St. Patrick Pancake Breakfast

Saturday, March 16, 9-11 a.m.

\$7 per person, \$4 kids 12 years and under, \$20 for family of 4. Register at Senior Center.

Spring Bazaar

Saturday, May 4, 9 a.m.-2 p.m.

Craft sale, bake sale, book sale, plant sale and more!

Lunch is available for purchase.

Call 240-314-8800 for vendor information

Salsa Night

Tuesday, April 2-June 4, 5-6:30 p.m.

Dance the night away! Begin with a 30-minute salsa lesson, followed by an hour of open dancing.

All levels of abilities are welcomed. No partner required. Light refreshments will be served.

Course #9026, \$15

Spring Flower Happy Hour

Tuesday, April 30, 4:30-6 p.m.

A \$3 donation is recommended. Register by 4/22.

Course #9407

Art Reception

The works of the Senior Center Watercolor classes

Thursday, May 16

6-8 p.m. Free, sponsored by Brightview Senior Living

All events are held at the Rockville Senior Center. Transportation is available.

Please call 240-314-8810 two weeks prior to events.

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
240-314-8750



The swim center has two indoor and two outdoor pools, an outside interactive sprayground, a 150-foot waterslide, dry saunas, whirlpool, fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

**No classes held Memorial Day weekend
May 25-27**

Fees:
M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Member

Tuesday, Feb. 26, 8:30 a.m.

Swim Center Nonmember

Thursday, Feb. 28, 8:30 a.m.

**Registration Deadline:
One week prior to start date**

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$15 withdrawal fee for all refunds; \$5 transfer fee may apply.

Mail to:

Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:

Swimming Lessons
240-314-8759

RSFC Locker Room Renovations!

Renovations to the indoor facilities' locker rooms and lobby will be underway at the Swim and Fitness Center over the spring and summer. While we do plan to keep the indoor pools and fitness rooms open, customers should plan to enter the facility from the outdoor pool's entrance and use the outdoor pool's bathhouse between May - September 2019. Sign up for our Email Newsletter at www.rockvillemd.gov/swimcenteralerts and check out www.rockvillemd.gov/rsfc Renovations for more information.

A photograph of three children in a swimming pool. They are wearing swim caps and goggles. The child in the foreground is smiling and looking towards the camera. The background shows the pool's edge and other swimmers.

Swimming Classes

Annual and Seasonal Memberships Available!
Come for the day or the year!

Check Out Our Fitness Room



Featuring:

- 3 – Recumbent Bikes
- 2 – Rowing Machines
- 5 – Treadmills
- 4 – Elliptical Machines
- 2 – Step/Climber Machines
- 13 Pieces – Single-Station Strength-Training Equipment and Free Weights
- Meeting Room and Kitchenette (Available for Rentals and Parties)

240-314-8750

www.rockvillemd.gov/swimcenter



Water Safety Day

Friday, May 31

3:30-6:30 p.m.

Gaithersburg Water Park
512 S. Frederick Ave., Gaithersburg

**Stay safe at the pool
this summer!**

FREE swimming event hosted by:
City of Gaithersburg
City of Rockville

LEARN:

Preventing drowning, proper use of life jackets, water rescue skills, skin cancer prevention.

Swim lessons (evaluations offered)

Held Rain or Shine

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 6m-18 mos				M/NM
9212	Tu	4/23-6/11	9-9:30 AM	\$73/\$91
9162	Sa	4/27-6/15	10:50-11:20 AM	\$64/\$80
9150	Su	4/28-6/16	10:15-10:45 AM	\$64/\$80

Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 18 mos-3 yr				M/NM
9155	M	4/22-6/10	2-2:30 PM	\$64/\$80
9213	Th	4/25-6/13	9-9:30 AM	\$73/\$91
9151	Sa	4/27-6/15	8:30-9 AM	\$64/\$80
9152	Sa	4/27-6/15	10:15-10:45 AM	\$64/\$80
9163	Su	4/28-6/16	8-8:30 AM	\$64/\$80
9153	Su	4/28-6/16	9:40-10:10 AM	\$64/\$80
9154	Su	4/28-6/16	11:25-11:55 AM	\$64/\$80

Bobbers 1

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5				M/NM
9214	W	4/24-6/12	2-2:30 PM	\$73/\$91
9210	Th	4/25-6/13	9:30-10 AM	\$73/\$91
9156	Sa	4/27-6/15	9:05-9:35 AM	\$64/\$80
9157	Sa	4/27-6/15	11:25-11:55 AM	\$64/\$80
9158	Su	4/28-6/16	9:05-9:35 AM	\$64/\$80
9159	Su	4/28-6/16	10:50-11:20 AM	\$64/\$80

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5				M/NM
9211	Tu	4/23-6/11	9:30-10 AM	\$73/\$91
9160	Sa	4/27-6/15	9:40-10:10 AM	\$64/\$80
9161	Su	4/28-6/16	8:30-9 AM	\$64/\$80



Rockville Rays



**Summer Swim Team at the Rockville
Swim and Fitness Center competing
in the Montgomery County Swim
League**

Practices start on May 28
More information and registration
instructions available in May
online at
www.rockvillemd.gov/swimcenter

Preschool Swim

Fearful Floaters

This swim class is intended for children who are reluctant to take part in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6				M/NM
9167	M	4/22-6/10	4:10-4:40 PM	\$69/\$86
9235	W	4/24-6/12	3:35-4:05 PM	\$79/\$98
9191	Sa	4/27-6/15	10:30-11:10 AM	\$69/\$86

Floaters 1

This swim class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6				M/NM
9164	M	4/22-6/10	3:35-4:05 PM	\$69/\$86
9165	M	4/22-6/10	4:45-5:15 PM	\$69/\$86
9216	Tu	4/23-6/11	4:35-5:05 PM	\$79/\$98
9217	Tu	4/23-6/11	5:10-5:40 PM	\$79/\$98
9218	Tu	4/23-6/11	5:45-6:15 PM	\$79/\$98
9219	W	4/24-6/12	4:10-4:40 PM	\$79/\$98
9220	Th	4/25-6/13	5:45-6:15 PM	\$79/\$98
9221	F	4/26-6/14	3:35-4:05 PM	\$79/\$98
9222	F	4/26-6/14	4:45-5:15 PM	\$79/\$98
9168	Sa	4/27-6/15	9-9:40 AM	\$69/\$86
9169	Sa	4/27-6/15	9:45-10:25 AM	\$69/\$86
9170	Sa	4/27-6/15	10:30-11:10 AM	\$69/\$86
9171	Sa	4/27-6/15	11:15-11:55 AM	\$69/\$86
9172	Su	4/28-6/16	9-9:40 AM	\$69/\$86
9173	Su	4/28-6/16	9:45-10:25 AM	\$69/\$86
9174	Su	4/28-6/16	10:30-11:10 AM	\$69/\$86
9175	Su	4/28-6/16	11:15-11:55 AM	\$69/\$86
9176	Su	4/28-6/16	12-12:45 PM	\$69/\$86

Floaters 2

This swim class is for children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back should take this class. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6				M/NM
9103	M	4/22-6/10	3:35-4:05 PM	\$69/\$86
9223	Tu	4/23-6/11	5:10-5:40 PM	\$79/\$98
9224	W	4/24-6/12	3:35-4:05 PM	\$79/\$98
9225	Th	4/25-6/13	4:35-5:05 PM	\$79/\$98
9226	Th	4/25-6/13	5:10-5:40 PM	\$79/\$98
9227	F	4/26-6/14	3:35-4:05 PM	\$79/\$98
9190	Sa	4/27-6/15	9-9:45 AM	\$69/\$86
9177	Sa	4/27-6/15	9:45-10:25 AM	\$69/\$86
9178	Sa	4/27-6/15	11:15-11:55 AM	\$69/\$86
9179	Su	4/28-6/16	9-9:40 AM	\$69/\$86
9180	Su	4/28-6/16	9:45-10:25 AM	\$69/\$86
9181	Su	4/28-6/16	11:15-11:55 AM	\$69/\$86

Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

Age: 4-7				M/NM
9228	W	4/24-6/12	4:10-4:40 PM	\$79/\$98
9229	Th	4/25-6/13	5:10-5:40 PM	\$79/\$98
9230	F	4/26-6/14	4:10-4:40 PM	\$79/\$98
9182	Sa	4/27-6/15	9:45-10:25 AM	\$69/\$86
9183	Su	4/28-6/16	9-9:40 AM	\$69/\$86
9184	Su	4/28-6/16	11:15-11:55 AM	\$69/\$86
9189	Su	4/28-6/16	12-12:40 PM	\$69/\$86

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7				M/NM
9234	Tu	4/23-6/11	5:45-6:15 PM	\$79/\$98
9231	W	4/24-6/12	4:45-5:15 PM	\$79/\$98
9185	Sa	4/27-6/15	9-9:40 AM	\$69/\$86
9186	Su	4/28-6/16	9:45-10:25 AM	\$69/\$86
9166	Su	4/28-6/16	10:30-11:10 AM	\$69/\$86

Sign Up for Notifications

Receive updates on schedule changes, weather alerts, upcoming classes and facility projects.

Go to www.rockvillemid.gov/swimcentralerts to sign up today!

Aquatics

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
9233	Th	4/25-6/13	4:35-5:05 PM	\$79/\$98
9232	F	4/26-6/14	4:45-5:15 PM	\$79/\$98
9187	Sa	4/27-6/15	9:45-10:25 AM	\$69/\$86
9188	Su	4/28-6/16	10:30-11:10 AM	\$69/\$86

Mini Swim Team Prep

This swim class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
9192	M	4/22-6/10	4:45-5:15 PM	\$69/\$86
9236	Th	4/25-6/13	5:45-6:15 PM	\$79/\$98
9193	Sa	4/27-6/15	10:30-11:10 AM	\$69/\$86

Children/Teen Swim

Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
9199	W	4/24-6/12	4:45-5:15 PM	\$73/\$90
9200	F	4/26-6/14	4:10-4:40 PM	\$73/\$90
9108	Sa	4/27-6/15	9:45-10:25 AM	\$64/\$79
9109	Sa	4/27-6/15	10:30-11:10 AM	\$64/\$79
9110	Su	4/28-6/16	10:30-11:10 AM	\$64/\$79
9111	Su	4/28-6/16	12-12:40 PM	\$64/\$79

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7+				M/NM
9117	M	4/22-6/10	4:10-4:40 PM	\$64/\$79
9201	Tu	4/23-6/11	4:35-5:05 PM	\$73/\$90
9113	Sa	4/27-6/15	9-9:40 AM	\$64/\$79
9114	Sa	4/27-6/15	11:15-11:55 AM	\$64/\$79
9115	Su	4/28-6/16	9-9:40 AM	\$64/\$79
9116	Su	4/28-6/16	12-12:40 PM	\$64/\$79

Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
9119	Sa	4/27-6/15	10:30-11:10 AM	\$64/\$79
9120	Sa	4/27-6/15	11:15-11:55 AM	\$64/\$79
9121	Su	4/28-6/16	9:45-10:25 AM	\$64/\$79
9122	Su	4/28-6/16	10:30-11:10 AM	\$64/\$79
9123	Su	4/28-6/16	12-12:40 PM	\$64/\$79

Youth 4

Children who are comfortable in deep water and who can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7+				M/NM
9124	Sa	4/27-6/15	10:30-11:10 AM	\$64/\$79
9125	Sa	4/27-6/15	11:15-11:55 AM	\$64/\$79
9126	Su	4/28-6/16	9-9:40 AM	\$64/\$79
9127	Su	4/28-6/16	9:45-10:25 AM	\$64/\$79
9133	Su	4/28-6/16	11:15-11:55 AM	\$64/\$79
9134	Su	4/28-6/16	12-12:40 PM	\$64/\$79

Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7+				M/NM
9130	Sa	4/27-6/15	9-9:40 AM	\$64/\$79
9131	Sa	4/27-6/15	11:15-11:55 AM	\$64/\$79
9132	Sa	4/27-6/15	6:05-6:45 PM	\$64/\$79
9112	Su	4/28-6/16	9-9:40 AM	\$64/\$79
9128	Su	4/28-6/16	9:45-10:25 AM	\$64/\$79
9129	Su	4/28-6/16	11:15-11:55 AM	\$64/\$79



Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7+				M/NM
9135	Sa	4/27-6/15	9-9:40 AM	\$64/\$79
9136	Sa	4/27-6/15	9:45-10:25 AM	\$64/\$79
9137	Sa	4/27-6/15	11:15-11:55 AM	\$64/\$79
9149	Sa	4/27-6/15	7:35-8:15 PM	\$64/\$79
9138	Su	4/28-6/16	9:45-10:25 AM	\$64/\$79
9139	Su	4/28-6/16	10:30-11:10 AM	\$64/\$79

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives.

Prerequisite: Youth 5 and 6.

Age: 7+				M/NM
9140	Sa	4/27-6/15	10:30-11:10 AM	\$64/\$79
9148	Sa	4/27-6/15	6:50-7:30 PM	\$64/\$79
9118	Su	4/28-6/16	9-9:40 AM	\$64/\$79
9141	Su	4/28-6/16	11:15-11:55 AM	\$64/\$79
9142	Su	4/28-6/16	12-12:40 PM	\$64/\$79

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Successful completion of Youth 6 and 7.

Age: 7+				M/NM
9143	Sa	4/27-6/15	9-9:40 AM	\$64/\$79
9144	Sa	4/27-6/15	9:45-10:25 AM	\$64/\$79
9145	Sa	4/27-6/15	11:15-11:55 AM	\$64/\$79
9107	Su	4/28-6/16	10:30-11:10 AM	\$64/\$79
9146	Su	4/28-6/16	11:15-11:55 AM	\$64/\$79

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-15				M/NM
9147	Su	4/28-6/16	12-12:45 PM	\$64/\$79

NOW HIRING

**Lifeguards, Swim Instructors,
Front Desk Attendants,
Water and Land Fitness
Instructors**

Personal Trainers

**Apply online at
www.rockvillemd.gov/careers**

**For additional information,
call 240-314-8750
[www.rockvillemd.gov/
swimcenter](http://www.rockvillemd.gov/swimcenter)**

Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
9205	Tu	4/23-6/11	8:30-9:15 PM	\$73/\$90
9206	W	4/24-6/12	8:35-9:20 PM	\$73/\$90

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke are demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
9207	W	4/24-6/12	8:35-9:20 PM	\$73/\$90
9208	Th	4/25-6/13	8:30-9:15 PM	\$73/\$90

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Successful completion of Adult Beginner 2 preferred.

Age: 14+				M/NM
9209	Tu	4/23-6/11	8:30-9:15 PM	\$73/\$90

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3.

Age: 14+				M/NM
9204	Th	4/25-6/13	8:30-9:15 PM	\$73/\$90

Sign Up for Notifications

Receive updates on schedule changes, weather alerts, upcoming classes and facility projects.

Go to www.rockvillemd.gov/swimcentralerts to sign up today!



Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke are further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4.

Age: 14+				M/NM
9202	Tu	4/23-6/11	11:10-11:55 AM	\$73/\$90
9203	Th	4/25-6/13	11:10-11:55 AM	\$73/\$90

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep-water exercise class at the Swim and Fitness Center. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment is provided.

Age: 16+				M/NM
9051	Tu	4/23-6/11	6:35-7:20 AM	\$37/\$45
9062	Th	4/25-6/13	6:35-7:20 AM	\$37/\$45

Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size, fitness or swim level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 16+				M/NM
9048	M	4/22-6/10	10:15-11 AM	\$33/\$40
9064	W	4/24-6/12	10:15-11 AM	\$37/\$45
9063	F	4/26-6/14	10:15-11 AM	\$37/\$45

Aqua Fitness

This low-impact, high-intensity swim program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are provided.

Age: 16+				M/NM
9042	M	4/22-6/10	8:30-9:15 AM	\$33/\$40
9043	M	4/22-6/10	9:20-10:05 AM	\$33/\$40
9055	Tu	4/23-6/11	8:30-9:15 AM	\$37/\$45
9056	Tu	4/23-6/11	9:20-10:05 AM	\$37/\$45
9057	W	4/24-6/12	8:30-9:15 AM	\$37/\$45
9058	W	4/24-6/12	9:20-10:05 AM	\$37/\$45
9059	Th	4/25-6/13	8:30-9:15 AM	\$37/\$45
9060	Th	4/25-6/13	9:20-10:05 AM	\$37/\$45
9061	F	4/26-6/14	8:30-9:15 AM	\$37/\$45

Aqua Hiit

High-intensity interval training (Hiit) at the Swim and Fitness Center alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are increased metabolism, fat burning, weight loss and improved cardio-respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

Age: 16+				M/NM
9054	F	4/26-6/14	9:20-10:05 AM	\$37/\$45

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 16+				M/NM
9052	Tu	4/23-6/11	10:10-10:55 AM	\$37/\$45
9053	Th	4/25-6/13	10:10-10:55 AM	\$37/\$45

Deep Water Workout

Enjoy this swim class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+				M/NM
9050	M	4/22-6/10	9:15-10 AM	\$33/\$40
9072	Tu	4/23-6/11	7:40-8:25 PM	\$37/\$45
9069	W	4/24-6/12	9:15-10 AM	\$37/\$45
9071	Th	4/25-6/13	7:40-8:25 PM	\$37/\$45
9070	F	4/26-6/14	9:15-10 AM	\$37/\$45

H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This swim class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used.

Age: 16+				M/NM
9049	M	4/22-6/10	9:20-10:05 AM	\$33/\$40
9065	Tu	4/23-6/11	7:40-8:25 PM	\$37/\$45
9067	W	4/24-6/12	9:20-10:05 AM	\$37/\$45
9066	Th	4/25-6/13	7:40-8:25 PM	\$37/\$45
9068	F	4/26-6/14	9:20-10:05 AM	\$37/\$45

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group are not required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. Choose to attend once, twice or three times a week. Please note: some sessions meet in our outdoor fitness pool.

This course will meet in our indoor South pool for the month of April and move to our outdoor fitness pool after Memorial Day.

Age: 16+				M/NM
9245	M, W, F	4/22-6/14	6:30-7:30 AM	\$106/\$128
9215	W, F	4/24-6/14	6:30-7:30 AM	\$68/\$96
9081	W	4/24-6/12	6:30-7:30 AM	\$39/\$55

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14+				M/NM
9076	Tu	4/23-6/11	11:05-11:50 AM	\$42/\$51
9074	Tu	4/23-6/11	9:15-10 PM	\$42/\$51
9077	Th	4/25-6/13	11:05-11:50 AM	\$42/\$51
9075	Th	4/25-6/13	9:15-10 PM	\$42/\$51



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Aquatics

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water swim skills (drafting/ close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 14+ M/NM
9241 Su 4/28-6/16 7-8:30 PM \$95/\$107

Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 14+ M/NM
9105 Su 4/28-6/16 8:05-8:55 AM \$64/\$72

Senior Swim

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+ M/NM
9036 Tu 4/23-6/11 2:05-2:50 PM \$18/\$23
9037 Th 4/25-6/13 2:05-2:50 PM \$18/\$23

Senior Aquacize – Advanced

This swim course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Age: 60+ M/NM
9029 M 4/22-6/10 11:05-11:50 AM \$16/\$20
9032 W 4/24-6/12 11:05-11:50 AM \$18/\$23
9033 F 4/26-6/14 11:05-11:50 AM \$18/\$23



Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

Age: 60+ M/NM
9030 M 4/22-6/10 10:10-10:55 AM \$16/\$20
9035 W 4/24-6/12 10:10-10:55 AM \$18/\$23
9034 F 4/26-6/14 10:10-10:55 AM \$18/\$23

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a mid-day boost. Swimming skills not required.

Age: 60+ M/NM
9028 M 4/22-6/10 2:35-3:20 PM \$16/\$20
9031 W 4/24-6/12 2:35-3:20 PM \$18/\$23

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional swim skills in this modified exercise program. Tailored to individual needs.

Age: 18+ M/NM
9079 Tu 4/23-6/11 10:10-10:55 AM \$42/\$53
9078 Th 4/25-6/13 10:10-10:55 AM \$42/\$53

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized. Swimming skills not required.

Age: 18+ M/NM
9073 M 4/22-6/10 9:15-10:15 AM \$37/\$46
9080 W 4/24-6/12 9:15-10:15 AM \$42/\$53



Lifeguard Training

The American Red Cross Lifeguard Training course will prepare students for certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students must be 15 years old by the last day of the course and pass a pre-screen test (300 yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10 lbs brick retrieval within one minute forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville MD 20850). A detailed Course Schedule / Syllabus will be provided on the first day of class. Students MUST attend all class sessions as scheduled. Visit www.rockvillemd.gov/swimcenter to view the complete course flier.

Age: 15+

8109	Th	3/14-5/9	7-10:30 PM	\$195
8111	F-Sa	3/22-4/6	Times vary	\$195
8110	W-M	4/17-4/22	Times vary	\$195
8112	F-Su	4/26-5/5	Times vary	\$195



Lifeguard Training Review

The American Red Cross Lifeguard Training Review Course is for currently certified American Red Cross Lifeguards in looking to renew their certification. Upon successful completion of the course, certification in Lifeguard Training, CPR/AED for the Professional Rescuer and First Aid will be issued for a two year period. Students must be 15 years old by the last day of the course and pass a pre-screen test (300 yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10 lbs brick retrieval within one minute forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville MD 20850). Students MUST attend all class sessions as scheduled.

Age: 15+

8014	Weekends	3/16-3/17	Times vary	\$125
8107	Weekends	4/13-4/14	Times vary	\$125
8108	Weekends	5/11-5/12	Times vary	\$125

Water Safety Instructor

Take this course and learn how to teach children and adults to swim and give water safety presentations to kids and their parents. This Red Cross certification is recognized nationwide. Become certified to teach the following: parent and child aquatics, pre-school aquatics, safety training for swim coaches, Longfellow's WHALE Tales, water safety courses and presentations. Students must be 16 years old by the last day of the course and pass a pre-screen test (Swim the following strokes: Front Crawl-25 yards, Back Crawl-25 yards, Breaststroke-25 yards, Elementary Backstroke-25 yards, Sidestroke-25 yards, Butterfly-15 yards. Maintain position on back for 1 minute in deep water (floating or sculling). Tread water for 1 minute.) on the first day of class to continue participation in the course. If a student does not pass the pre-screen, a course refund, minus \$15 administrative fee will be issued. A detailed Course Schedule/Syllabus will be provided on the first day of the class. Must attend all class sessions as scheduled and pass an exam to earn certification.

Visit www.rockvillemd.gov/swimcenter for additional details regarding the availability of this course.

International Night 2019

Friday, March 22, 6-8:30 p.m.

F. Scott Fitzgerald Theatre and Social Hall
603 Edmonston Drive

Join your neighbors for an evening of fun and entertainment

- Learn about the different cultures that make up our community
- Enjoy dance performances and traditional clothing displays
- Meet people from different countries and learn more about their customs
- Try unique and traditional foods
- Free event

All events are on
Thursdays and
start at 7 p.m.

•
This co-sponsored series
is free and open to all.



Light
refreshments
served.

•
603 Edmonston Drive
Glenview Mansion
F. Scott Fitzgerald
Theatre/Social Hall

Celebrating Earth Month

presented by Mark Charles Rockville's Chief of Environmental Management
has served thirty years as Environmental and Natural Resources manager

Thursday, April 11; 7-8:30 p.m.

Join us in learning about Rockville's Legacy of Environmental Protection

For more information, call 240-314-8660 or glenview@rockvillemd.gov

Glenview Mansion

AT ROCKVILLE CIVIC CENTER PARK



* Love, Laughter and Happily Ever After *

240-314-8660 • www.rockvillemd.gov/glenview



♥♥ All are welcome.



The Rockville Sister City Corporation
in conjunction with

The Rockville Yilan City Corporation
Invites you to join us for the second annual



Saturday, May 11 from 11:00 a.m. to 3:00 p.m.
at Rockville Town Square

Contact the Rockville Sister City Corporation at email: RockvilleSisterCities@gmail.com
phone: 240-314-5029 or visit www.rockvillesistercities.org



Rockville Chorus

Bryan Seith, Director

Spring Concert

Sunday, May 19, 7:30 p.m.

F. Scott Fitzgerald Theatre

Rockville Civic Center Park • 603 Edmonston Drive

No tickets required. Donations greatly appreciated.

For Information: 240-314-8681

Rockville Concert Band

2019 Concert Series - 3 p.m.

F. Scott Fitzgerald Theatre at Rockville Civic Center Park

Sunday, March 10 • Spring Potpourri

Conducted by Dr. Juan Gallastegui, Associate Music Director

An eclectic array of concert band favorites from classics to pops!

Sunday, April 7 • Music for All Ages: Space, Science and Science Fiction

Conducted by John Saint Amour, Music Director

No tickets required; \$5 suggested donation.

For information: 240-314-8681

Murder at the Mansion

'A Wedding to Die For' by Dean Fiala

Presented by
A Taste for Murder Productions

***An interactive
murder mystery
comedy.***

- Complimentary
dessert bar
- Cash bar (beer,
wine and soda)
- BBQ buffet
available at time
of ticket purchase

**Three performances:
Friday and Saturday, April 12 and 13 at 8 p.m.;
Sunday, April 14 at 2 p.m.**

Doors open 90 minutes before show. Limited seating, selling fast!
Cost: \$35/person; \$60/couple. Buffet by Mission BBQ: \$18/person.
Purchase in advance through F. Scott Fitzgerald Theatre Box Office.

**Glenview Mansion at Rockville Civic Center Park
603 Edmonston Dr., Rockville, MD 20851**

<https://fscottfitzgerald.showare.com/murder2019> • 240-314-8690

ROCKVILLE CIVIC BALLET

Eleanor Simpson, Director

Don Quixote

Saturday

March 16, 2 and 7:30 p.m.

Sunday

March 17, 2 p.m.



F. SCOTT FITZGERALD THEATRE

Rockville Civic Center Park

Tickets: \$17 Adults

\$13 Children (12 years old and under)

\$13 Seniors (60 years old and older)

Group Rates: \$16.50 for 7 or more adult tickets

\$12.50 for 10 or more children/
senior tickets

For tickets: 240-314-8690

Assigned seat tickets may be purchased in person, by phone, by mail at the F. Scott Fitzgerald Theatre Box office or online at www.rockvillemd.gov/theatre.

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Box office: 240-314-8690
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

The Victorian Lyric Opera Company

presents **"The Gondoliers"**

Feb. 22 – March 3; Friday and Saturday at 8 p.m.;
Sunday at 2 p.m.

Tickets: Adults \$28; Seniors \$24; Students \$20;

Rockville Concert Band

presents "Spring Potpourri"

Sunday, March 10 at 3 p.m.

No tickets required; \$5 suggested donation.

Rockville Civic Ballet presents **"Don Quixote"**

March 16 and 17; Saturday at 2 p.m. and 7:30 p.m.;
Sunday at 2 p.m.

Tickets: Adults \$17; Seniors 60+ & Children 12 and
under \$13

International Night

Friday, March 22 at 6 p.m.

Free event with limited seating.

USA National Miss Maryland Pageant

Optional Competition Friday, March 29 at 8 p.m.
\$10 General Admission

Final Show and Crowning, Sunday, March 31 at 2 p.m.
\$30 General Admission; \$25 Seniors;
Children under 3 Free

Murder at the Mansion;

A Taste for Murder Productions

presents **"A Wedding to Die For"**

April 12-14; Friday and Saturday at 8 p.m.;
Sunday at 2 p.m.

For ticket information call 240-314-8690

Rockville Concert Band

presents **"Music for All Ages: Space,
Science and Science Fiction"**

Sunday, April 7 at 3 p.m.

No tickets required; \$5 suggested donation.

Miss Earth presents "Miss MD and Miss DC pageant"

Sunday, April 14

For ticket information call 240-314-8690

The Music Café, Inc.

presents **"Tina and Prince- A Royal Tribute"**

Saturday, April 20 at 7 p.m.

Tickets: \$45 General admission

Rockville Little Theatre

presents **"Sherlock's Veiled Secret"**

May 3-12; Friday and Saturday at 8 p.m.;

Sunday at 2 p.m.

Tickets: Adults \$22; Seniors (62+) and Students \$20

Rockville Chorus

presents **"Spring Concert"**

Sunday, May 19 at 7:30 p.m.

No tickets required; donations are greatly appreciated.

Bethesda Conservatory of Dance

presents **"Dreams"**

Saturday, May 18 at 3:30 p.m.;

Sunday, May 19 at 11 a.m. and 2 p.m.

Tickets: Adults \$22; Seniors/Student/Children \$19

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at
www.rockvillemd.gov/theatre • Box office is open Tues.-Sat., 2-7 p.m. and
two hours prior to ticketed shows.

Financial Assistance Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a childcare need and costs more than \$115 per month are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year, as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

New Online Registration System

CivicRec, powered by Rec1, our new online registration system, allows you to easily create an account, search, register, pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone. Visit www.rockvillemd.gov/registration.

CIVICREC
Powered by 

Donate to the People-Helping-People



Rockville Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration

Online Donation Course #s

\$25 – #2232
\$50 – #2233
\$75 – #2234
\$100 – #2235
\$250 – #2236

- Click on Log in or Create account
- Enter your desired donation course number above

Donations by check may be made out in any amount to Rockville Recreation Fund

Mail to: Rockville Department of Recreation and Parks
Rockville Youth Recreation Fund Donation
111 Maryland Ave., Rockville, MD 20850

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr./Isreal Park**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers

Beryl L. Feinberg, Virginia D. Onley,
Mark Pierzchala

Rob DiSpirito, City Manager

Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to provide support such as:

- scholarship funds for the Rockville Youth Recreation Fund
- equipment including electronic scoreboards, wall pads, inflatable movie screen and more
- free swim lessons for eligible participants
- field renovations and improvements at Mattie J.T. Stepanek Park and Dogwood Park

Please send your tax



deductible gift to:
200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org
240-314-8867

Name: _____

Address: _____

Email: _____

Phone: _____

This gift in in honor/memory of: _____





Inclement Weather Policy

www.rockvillemd.gov

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Sports Leagues

Call 240-314-5055, the sports weather information line for updates on leagues.

Swim and Fitness Center

Students can visit the Swim and Fitness Center website at rockvillemd.gov/swimcenter for updates and to sign up for alerts and the facility newsletter, where you will receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015, Mayor and Council agenda at www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line) 240-314-5023

Classes, Camps, Trips 240-314-8620

Croydon Creek Nature Center 240-314-8770

Directions Line:

Civic Center 240-314-5004

Senior Center 240-314-5019

Swim Center 240-314-5010

Lincoln Park Community Center 240-314-8780

Parks and Facilities Maintenance 240-314-8700

Park and Picnic Rentals 240-314-8660

Recreation and Parks Administration ... 240-314-8600

Rockville Skate Park 240-314-8620

Rockville Civic Center Park:

Art Gallery 240-314-8682

Glenview Mansion 240-314-8660

F. Scott Fitzgerald Theatre Box Office.. 240-314-8690

Rockville Swim and Fitness Center 240-314-8750

Rockville Senior Center 240-314-8800

Special Events Line (Info. Line) 240-314-5022

Sports Line (Info. Line) 240-314-5055

Thomas Farm Community Center 240-314-8840

Twinbrook Community Rec. Center 240-314-8830

TTY (City Hall) 240-314-8137

We are now accepting medical assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children. Please call 240-314-8620 for more information.

Registration Begins:

- **Tuesday, Feb. 26** for all Swim Center and Senior Center members, **Thursday, Feb. 26** for general and nonmembers 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Send email to registration@rockvillemd.gov. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; childcare \$50; senior programs \$15; sports teams \$100; individual sports participants \$15; swim \$15; teens \$15. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Send email to registration@rockvillemd.gov. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Rate Key:

Prices are listed as

Resident (R), Nonresident (NR)

Member (M), Nonmember (NM)

Most convenient method. Seven days a week.

1. Online:

- www.rockvillemd.gov/registration or click on the Recreation Registration sneaker icon on bottom of main page.

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins. Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone for quick access to our website.

Registration Form | Formulario de inscripción

*Required Info | Info Requerida

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fees* Costo*

Rec Fund | Fondo de rec.: \$ _____ Sr. Ctr. Mem | Centro de Ancianos: \$ _____ Multi-Course Discount | Descuento por asistencia a varios cursos: \$ _____
\$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ _____

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de la personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Main Line | Línea principal: 240-314-8620 • www.rockvillemd.gov/recreation • Fax: 240-314-8659
City of Rockville • 111 Maryland Ave., Rockville, MD 20850

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

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City of
Rockville
Get Into It